



FIFTH ANNUAL

THE ART OF AGING

# gracefully

Resource Fair

Sponsored by UCSF Medical Center



## Stay Vital, Healthy and Fit THURSDAY, MARCH 22, 2012

Speakers: 9:30 am – 2:45 pm • Resource Fair: 10:00 am – 2:00 pm

**FREE!**  
Everyone is  
welcome!



Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help you stay healthy and energized through:

- Presentations from UCSF Medical Center professionals on healthy living.
- Insights and opportunities to support active, creative aging.

Take advantage of sample classes, health screenings, chair massages, raffles, giveaways and much more!

Event Schedule	
Full schedule is available online at <a href="http://www.jccsf.org/aginggracefully">www.jccsf.org/aginggracefully</a> .	
10:00 am – 2:00 pm	<b>Resource Fair:</b> Businesses – Pottruck Family Atrium Organizations – Fisher Family Hall
9:30 am – 2:45 pm	<b>Speakers:</b> Kanbar Hall
9:30 – 9:45 am	<b>Welcome:</b> Barry Finestone, Executive Director, JCCSF C. Seth Landefeld, MD, UCSF Division of Geriatrics
9:45 – 10:30 am	<b>Managing Your Heart Health with Age:</b> Katy Lease Lonergan, MD Cardiologist, UCSF Cardiovascular Center at Mission Bay
11:00 – 11:45 am	<b>Preventing the Right Things:</b> Rebecca Conant, MD Geriatrician, UCSF Division of Geriatrics
1:00 – 1:45 pm	<b>The Exercise Prescription:</b> Carlin Senter, MD Orthopaedic Surgeon, UCSF Orthopaedic Institute
2:00 – 2:45 pm	<b>Healthy Aging:</b> Donald I. Abrams, MD Integrative Oncologist, UCSF Osher Center

Stay for the day or attend selected sessions. Advance registration recommended. Please call 415.292.1200. For more information, contact Shiva Schulz at [sschulz@jccsf.org](mailto:sschulz@jccsf.org) or 415.292.1260.

*All times and room assignments are subject to change.*

[www.jccsf.org/aginggracefully](http://www.jccsf.org/aginggracefully)

