

**Allied Charities of Minnesota**  
**Healthy Aging Session**  
at the  
**Mayo Clinic Healthy Living Program**  
November 18, 2016  
9:00-11:00 a.m.

*Let's be honest, not one of us is getting younger. We are all aging with each passing day.*

*This, however, doesn't have to be a discouraging thought. Rather, aging can be a wonderful process as we learn and grow wiser, happier, and healthier, both physically and mentally.*

*Take a tour of the Mayo Clinic Healthy Living Program and listen to what Mayo Clinic experts have to say about how lifestyle habits can help you age in a healthy and positive way.*

Dan Abraham Healthy Living Center  
565 1<sup>st</sup> St. SW, Rochester, MN 55902  
6<sup>th</sup> Floor  
Dining Room

9:00-9:05	Meet and Greet in 6 <sup>th</sup> Floor Lobby	Mike Casey
9:05-9:10	Welcome and Introduction	Mike Casey
9:10-9:40	Walking Tour of 6 <sup>th</sup> , 5 <sup>th</sup> , 4 <sup>th</sup> and 7 <sup>th</sup> floors	Mike Casey
9:40-9:45	Program Introduction	Mike Casey
9:40-10:00	Staying Physically Active as We Age	Exercise Specialist
10:00-10:20	Healthy Eating, at Home and Out	Registered Dietitian Nutritionist
10:20-10:40	Managing Stress and Optimizing Sleep	Resiliency Specialist
10:40-11:00	Panel Q&A and Discussion	Mayo Clinic team

Session will be limited to 80 people. Cost is \$25 per person (checks payable to ACM, ok to include amount with your registration check). Trolley/s will depart from the Mayo Civic at 8:45 Friday morning at the trolley drop off/pickup point.

Name \_\_\_\_\_

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