

Sunday, April 6, 2014, 1-4 p.m.

# Age Well DuPage™

renew, recharge, reinvent



Join us for a FREE community event presented by DuPage County Senior Services and College of DuPage Continuing Education.

**Keynote:** *Making Your Money Last in Retirement—Key Ways to Meet the Challenge*, Christine Benz, Director of Personal Finance for Morningstar and a senior columnist for Morningstar.com

*This year's event aligns with Money Smart Week®, with a special focus on financial literacy.*

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College of DuPage, 425 Fawell Blvd., Glen Ellyn

NEW Venue! Homeland Security Education Center (HEC), Room 1022

Refreshments provided by The Fresh Market, Waterleaf and Java Chicago.

Experience the services and opportunities available in DuPage County for a full life at any age! Age Well DuPage™ is a free event with exciting breakout sessions that will inform and entertain.

## Contact us!

For more information or to register for this event, contact College of DuPage Continuing Education at (630) 942-2208 or email [ce@cod.edu](mailto:ce@cod.edu). Registration is welcome, but not required. Receive additional details by calling DuPage County Senior Services at (630) 407-6500.

[www.cod.edu/lifelong](http://www.cod.edu/lifelong)



 **College of DuPage**



DuPage County Senior Services

 Walgreens

 mb financial bank



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Sunday, April 6, 2014, 1-4 p.m.

# Age Well DuPage™ Agenda

1 p.m.

**Opening:** Mary Keating  
DuPage County Senior Services  
Location: Mock Courtroom, HEC 1022

1 to 1:30 p.m.

**Keynote:** *Making Your Money Last in Retirement—Key Ways to Meet the Challenges*  
Christine Benz, Morningstar  
Location: Mock Courtroom, HEC 1022

1 to 4 p.m.

**One-on-One Financial Planning Consultations**  
Financial Planning Association of Illinois  
Location: Atrium  
Certified Financial Planner Professionals will answer your questions about investing and financial planning in complimentary one-on-one consultations.

1:40 to 2:20 p.m.

**Social Security Maximization**—Jon Theeke, CFP, ChFc, Thrivent Financial for Lutherans  
Location: Mock Courtroom, HEC 1022  
Understand Social Security insurance and ways to optimize the benefit for you and your spouse.

**Frauds and Scams**—Eric Salcedo, Illinois Attorney General's Office  
Location: HEC 1009  
Learn how to not become a victim of frauds and scams.

**Job Search: LinkedIn and the Digital Job Search**—Jim Fergle, WorkNet DuPage  
Location: HEC 1020  
Receive job search advice and learn digital methods that work in today's market.

**Stretch Your Dollar without Budgeting**—Laura LeBelle, LFE Institute  
Location: HEC 1020  
Control spending, plug the financial "leaks" and find more money in every paycheck—without budgeting.

**Women and Career Transition**—Tamara K. Fay, Tamara K. Fay Training, LLC  
Location: HEC 1007  
Evaluate your current situation and determine how to create a career path based on choice, rather than by chance.

2:30 to 3:10 p.m.

**Understanding Medicare**—Laura Swanson, Waddell & Reed, Inc.  
Location: Mock Courtroom, HEC 1022  
Learn the basics of Medicare coverage.

**Energetic Essentials**—Rev. Nancy Gouch, Center for Aromatherapy Research and Education  
Location: HEC 1009  
Learn about therapeutic-grade essential oils for self-care.

**Planning for the Future: POA, Living Wills and Estate Planning**—Prairie State Legal Services  
Location: HEC 1002  
Make decisions now that affect you and your family later.

**Stay Ahead in a "Smart" New World**—Wanda Schlafly, College of DuPage  
Location: HEC 1020  
Get comfortable with the gadgets and smart devices that are now part of our culture. Discover how technology can enrich your life and help you stay connected with family and friends.

3:20 to 4 p.m.

**Gardening**—Jennifer Brennan, Horticulture Information Specialist at Chalet Nursery and Former Co-host of *Dig In Chicago* on ABC-7  
Location: Mock Courtroom, HEC 1022  
Learn the best tips to use in edible and ornamental gardening.

**Social Security Maximization**—Jon Theeke, CFP, ChFc, Thrivent Financial for Lutherans  
Location: HEC 1007  
Understand Social Security insurance and ways to optimize the benefit for you and your spouse.

**Tai Chi**—Tia Greenfield, College of DuPage  
Location: HEC 1002  
Learn an ancient Chinese marital art transformed into a healing art to enhance concentration, balance, flexibility and peace of mind to aid in aging well.

**The Choice is Yours**—DuPage County Senior Services  
Location: HEC 1002  
Explore the abundant housing options for seniors in DuPage County and learn about support for those who wish to remain at home.

**Volunteerism**—Giving DuPage  
Location: HEC 1009  
Learn what options are available for you to share your skills and donate your time in the community.

## Vendors

- Alzheimer's Association
- CapTel
- Cigna HealthSpring
- College of DuPage Continuing Education
- Connect America Medical Alert
- Dorjath Law Center
- DPC Circuit Court Clerk
- DuPage Convalescent Center
- DuPage County Community Services/LIHEAP
- DuPage County Senior Services
- DuPage Homeownership Center
- DuPage Veterans Commission
- Ecumenical Support Services for the Elderly (ESSE)
- Energetic Essentials
- Eve Assisted Living, Hinsdale
- Home Care Assistance
- Lexington Square
- MB Financial
- Metropolitan Family Services, DuPage
- Tabor Hills Town Home
- The Fresh Market
- Walgreens
- Windsor Park