

# BETTER WITH AGE: THE GIFT OF YEARS!

## Senior Congress XVI

A Conejo/Las Virgenes Future Foundation Event

**Wednesday, February 5, 2020**

**St. Maximilian Kolbe Catholic Church**

5801 Kanan Road, Westlake Village

NW Corner of Kanan Rd and Lindero Canyon Rd

8:45 a.m. – 2:30 p.m.



**\$10 Per Person-Limited Seating-Lunch Provided**

**Register online at [www.clvff.org](http://www.clvff.org) or by mailing tear-off below.**

**Reservations required and made on a first come, first served basis.**

**Questions: email [info@clvff.org](mailto:info@clvff.org) or call (818) 880-1054.**

**Better with Age - Alan Castel Ph.D., Professor, Department of Psychology, UCLA, and Author of *Better With Age: The Psychology of Successful Aging***

**Mindful Aging: Building Resilience and Reducing Stress - Lindsay Leimbach, Mindful Living Coach, Centered Moment**

**Make Aging a Gift - John Snibbe, Ph.D, Retired Clinical Psychologist and Faculty at UCLA Extension**

**Life is an Attitude: Laughter for the Health of It - Roberta Gold, R.T.C., RC, Certified Recreation Therapist and Humor Therapist**

**Engage as you Age - Andrea Gallagher, CSA, President, Senior Concerns**

**Ageless Grace: Use It and Improve It - Kayla Fowler, Activity Coordinator, Senior Concerns**

**The ABC's of CBD and Alternative Analgesics - Brenda Johnson, R.Ph., Pharmacy Owner, Calabasas Pharmacy & Vlada Manzur, Pharm.D, Clinical Pharmacist, Kaiser Woodland Hills**

### Major Sponsors

**UCLA HEALTH**

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Meadowbrook at Agoura Hills, Sage Mountain Senior Living,  
University Village Thousand Oaks,  
Georgia Yamamura-Senior Real Estate Specialist, Your CBD Store**

**Send payment and registration to CLVFF \* P.O. Box 3814 \* Thousand Oaks, CA 91359**

**Please send me \_\_\_\_ (#) of tickets. Enclosed is my check for \$10 per person payable to CLVFF and this tear off.**

**Please Print Clearly** First Name

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**Tickets will be mailed to the address listed.**