

**CONEJO/LAS VIRGENES
FUTURE FOUNDATION PRESENTS**

SENIOR CONGRESS XVIII

**SUCCESSFUL AGING:
STEPPING INTO
YOUR FUTURE!**



Wednesday, March 30, 2022

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

RESERVATION REQUIRED

TO REGISTER: [CLICK HERE](#)

OR

[REGISTER AT WWW.CLVFF.ORG](http://WWW.CLVFF.ORG)

Current Covid Safety Measures will be followed.

What Happened to Silent Generation Values? - Andrea Gallagher, CSA, President, Senior Concerns

Healthy Aging Through Nutrition - Shelby Yaceczko, RD, Clinical Nutrition, UCLA Health

Sociability, Safety, & Security – Marianne Knight, Community Relations Director, CaliforniaSeniorLiving.com

The Future of Medicine-Bader Iqbal, MD, Specializing in Family Medicine & Geriatric Care, Los Robles Health System

Fitness for Successful Aging - Lilly Banuelos, Senior Fitness Specialist

Staying Vibrant: Senior Secrets - Terry Moerler, Dennis Sedgewick, & Nancy Ferguson

The Evolution of Currency and It's Future - Todd Lippiatt, Managing Director-Head of Capital Markets & Asset Management, Nax Group

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