

RANCHO SANTA FE SENIOR CENTER

PROUDLY PRESENTS:

3rd Annual Healthy Aging Conference

Emcee: *Richard Lederer, Ph.D.*



THE TOPICS

The Latest Research on Gratitude & Wellbeing

Presented by: Paul Mills, Ph.D.

Professor of Family Medicine, UCSD



Aging Courageously: Reimagining Your Best Years Ever

Presented by: Ken Druck, Ph.D.

Bestselling Author & Speaker



Research on the Seven Stages of Loss & Healing

Presented by: Natasha Josefowitz, Ph.D.

International Speaker & Author



Laughter is the Best Medicine

Presented by: Joseph Weiss, M.D.

Clinical Professor of Medicine, UCSD



Date:
May 5, 2017

Time:
Doors Open 9:00 am
9:30 am - 2:45 pm

Location:
Fairbanks Ranch
Country Club
15150 San Dieguito Rd
Rancho Santa Fe, CA

Price:
\$20 advanced
\$30 day of
(Lunch Included)

Registration

✂ **Advanced registration required by May 1, 2017**

Name(s) _____

Please make checks payable to: *Rancho Santa Fe Senior Center*
Mailing address: P.O. Box 223, Rancho Santa Fe, CA 92067

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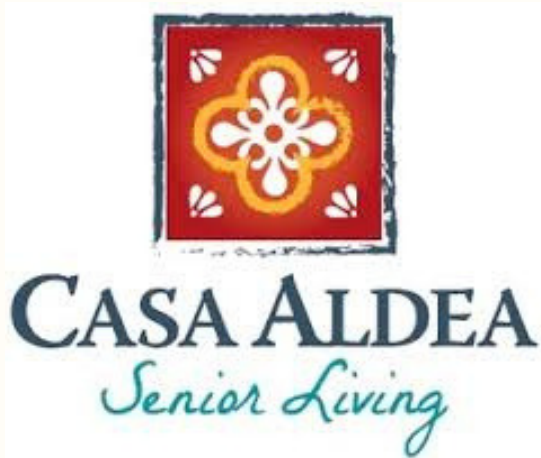
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Title



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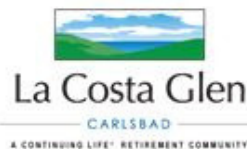
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Silver



Bronze



RANCHO SANTA FE SENIOR CENTER'S 3RD ANNUAL HEALTHY AGING CONFERENCE

May 5, 2017

TIME	TOPIC	SPEAKER
9:00 am - 9:30 am	Registration & Visit Sponsor Tables	
9:30 am - 10:15 am	<i>The Latest Research on Gratitude & Wellbeing</i>	Paul Mills, Ph.D.
10:15 am - 10:30 am	Break & Visit Sponsor Tables	
10:30 am - 11:15 am	<i>Aging Courageously: Reimagining Your Best Years Ever</i>	Ken Druck, Ph.D.
11:15 am - 11:30 am	Break & Visit Sponsor Tables	
11:30 am - 12:30 pm	Lunch	
12:30 pm - 1:15 pm	<i>Research on the Seven Stages of Loss & Healing</i>	Natasha Josefowitz, Ph.D.
1:15 pm - 1:30 pm	Break & Visit Sponsor Tables	
1:30 pm - 2:15 pm	<i>Laughter is the Best Medicine</i>	Joseph Weiss, M.D.
2:15 pm - 2:45 pm	Prize Drawings and Conclusion Must be present to win!	

ABOUT THE SPEAKERS



Richard Lederer, Ph.D. (Emcee) is the author of more than 40 books about language, history, and humor, including his best-selling *Anguished English* series and his current books, *Amazing Words* and *Lederer on Language*.

Dr. Lederer's syndicated column, "Lederer on Language," appears in newspapers and magazines throughout the United States, including the *San Diego Union-Tribune*, and he is a founding co-host of "A Way With Words" on KPBS Public Radio. He has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.



Ken Druck, Ph.D. is a bestselling author, speaker, and inspirational leader for the last thirty-five years. His pioneering work includes grief literacy and, most recently, transforming adversity into spiritual deepening. He has received the "Distinguished Contributions to Psychology" award.



Natasha Josefowitz, Ph.D. Retired Business Professor; International Keynote Speaker, Author, Frequent NPR Guest, and Humorist.



Paul Mills, Ph.D. is a Professor of Family Medicine and Public Health, Director of the Center of Excellence for Research and Training in Integrative Health, and Director of the Clinical Research Biomarker Laboratory at UC San Diego.



Joseph Weiss, M.D. Clinical Professor of Medicine at UCSD; Double board certified in Internal Medicine and Gastroenterology; Over 30 years of clinical, administrative, and research experience; Dr. Weiss has authored numerous books and articles.