

2017 Aging Well Conference

Toward Resilience: Building a Community for All Ages



**FREE
EVENT**



**OCTOBER 21, 2017,
9AM-4PM**

Buckley Center, University of Portland
5000 N Willamette Blvd, Portland, 97203



Bus
#35, #44



INSPIRATIONAL KEYNOTES

Finding Our Voice: Powerful Stories of Resilience

Hosted by master storyteller Paul Iarrobino.

Beyond Ready: Facing Disaster From a Place of Strength

A moderated panel discussion about preserving our health, safety, and well-being during community emergencies.



HANDS-ON WORKSHOPS

Choose from 11 exciting topics, such as:

- *Bouncing Back from Life's Sinkholes: RESILIENCE!*
- *Managing Your Pain: Options with Medical Marijuana*
- *Home Sharing as Contribution and Financial Stability*



INFORMATION & ACTIVITIES

Free lunch hosted by Multnomah County; senior recreation and creative arts; Multnomah County Library information; TriMet Hop FastPass™ distribution; food benefits (SNAP) resources; 'Ask the Expert' at Aging, Disability, and Veterans Services; and much more.

For more information or to register:

 multco.us/agingwellconference

 (503) 988-3769



Age-Friendly
PORTLAND & MULTNOMAH COUNTY



AARP Real Possibilities
Oregon

Portland State
Institute on Aging

