

Register Online or Walk-In

[www.multco.us/agingwellconference](http://www.multco.us/agingwellconference)

October 20, 2018



Age-Friendly  
PORTLAND & MULTNOMAH COUNTY

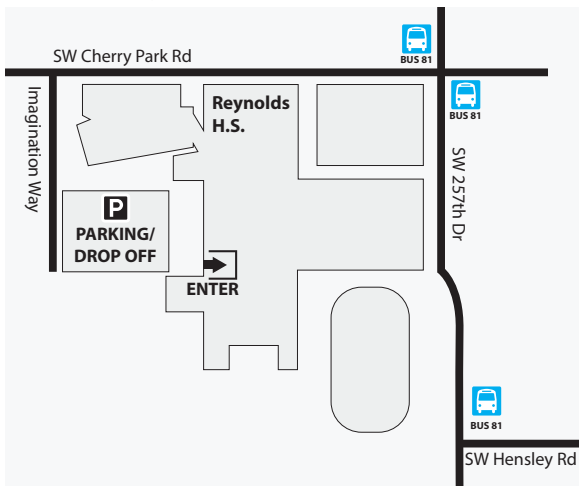
# Aging Well Conference

Conference: 9am-4pm, doors open at 8am

## Free event, free lunch, and free parking.

- 21 workshops to for diverse older adults ages 50-90+, family members, and people who serve them
- Free childcare is available for children ages 3-11
- More than 30 vendors at a resource fair
- Music, dancing, and fun

## Getting to the event



Reynolds H.S.  
1698 SW Cherry Park  
Rd. Troutdale, OR 97060

Access from Gresham  
Transit Center and  
Bus Lines 77, 20 or 81

Enter venue via  
Imagination Way

Event parking in  
West Parking lot

## Keynote Speaker



### Dr. Fernando Torres-Gil

Dr. Torres-Gil is an aging expert, author, social activist, and three-time presidential appointee.

## Workshops Include:

Help is Here: Caring for a Family Member with Dementia -- and Yourself, too! (Spanish)

Emotional Well-Being in Later Life: Practical Tools for Coping with Change

Latino Parents 60+ with Teenage Children and the Clash of Culture, Language, & Technology (Spanish):

Technology & You (Spanish & English)

Too Much Stuff! Hoarding Myths, Stigma, and Tools

Transportation Access to Healthcare: A Community Collaboration

Zumba (Spanish & English)

## Contact Information

503-988-3646  
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