



**BE WELL
ROSEVILLE**

Workshop Schedule

Age Well Roseville Summit

	<i>Riley Meeting Room 1</i>	<i>Riley Meeting Room 2</i>	<i>RSC Fitness Room</i>
8:30 am	Estate Planning <i>Ali Goff</i>	Relaxation Meditation Techniques <i>Jody Martin</i>	Chair Fitness <i>MaryAnn DiPietro</i>
9:15 am	Active Aging <i>Marissa Payne</i>	Plant Based Nutrition <i>Jody Martin</i>	Posture & Balance <i>MaryAnn DiPietro</i>
10:00 am	Roseville Meal Prep <i>Ramona Ravanera</i>	Chair Fitness <i>Alicia Pesce</i>	Pulmonary Exercise <i>MaryAnn DiPietro</i>
10:45 am	Licensed Professional Fiduciary <i>Lori Cochrane</i>	Relaxation Meditation Techniques <i>Alicia Pesce</i>	Pulmonary Exercise <i>MaryAnn DiPietro</i>
11:30 am	Active Aging <i>Marissa Payne</i>	Stroke Prevention <i>Dr. Hartman, Kaiser</i>	Posture & Balance <i>MaryAnn DiPietro</i>
12:15 pm	Estate Planning <i>Ali Goff</i>	Chair Yoga <i>Jessica White</i>	Chair Fitness <i>Ceren Pasaoglu</i>
1:00 pm	Medicare Options Planning <i>John Deshaw with SOLERA</i>	Reverse Mortgages <i>Arlene Starrh, Keller Williams</i> <i>Liz Andersen, American Pacific Mortgage</i>	Posture & Balance <i>Ceren Pasaoglu</i>

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