

A FREE 3 HOUR SYMPOSIUM

# Improve Your Health at Any Age, Explore Your Real Possibilities™ for Good Health

Wednesday, November 12, 2014

9 a.m. to Noon

Ala Moana Hotel – Garden Lanai

401 Atkinson Street, Honolulu

## *Manage Inflammation and Blood Sugar Through Diet*

Arthritis and diabetes are two of Hawaii's leading health problems. Learn healthy food options for keeping inflammation and blood sugar under control. Presented by Amanda O'Neill, R.D., CSSD

## *Get a Medicare Check Up*

Once a year between October 15th and December 7th, people on Medicare have an opportunity to make changes in how they receive their benefits. Get information on the plans in your area and how you can compare the costs, benefits, and quality of each plan. Presented by Pamela Cunningham, Hawaii State Health Insurance Assistance Program.

## *Experience Tai Chi For Health*

Research shows that Tai Chi can help minimize arthritis pain and improve strength and balance. Participate in a Tai Chi demonstration and learn if Tai Chi for Health is right for you. Presented by Glenn Sakai.

## *Bag Your Medication and Meet with a Pharmacist*

Do you know how your medications and dietary supplements are affecting one another? "Bag" your medications and supplements and bring them with you for a one on one consultation with a pharmacist provided by Walgreens. This part of the event is limited to 60 registrants due to the number of pharmacists attending. Participants will step away from the topical presentations to have their consultation.



Register

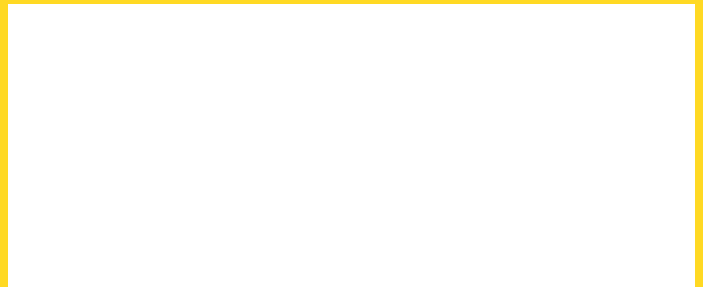
<http://aarp.cvent.com/yourhealth> or (toll free) 1-877-926-8300



1132 Bishop Street, Suite 1920  
Honolulu, HI 96813

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