



Over 50 Fair Class Schedule

	Eisenhower	Mattituck	Heckscher	Belmont	Banfi
10:30-11:15	Empowering Care Givers from Burnout to Balance	Stop the Anxiety!	Medicare Savings Program	(No class at this time)	Google: More Than a Search Engine
11:30-12:15	Protecting Your Breasts in an Increasingly Toxic World	Ask the Lawyer: Navigating a Mental Health Crisis	Soft Landing in Retirement	Graceful Aging: Chair Yoga for Vitality and Wellness	Elder Law Triangle
12:30-1:15	The Supreme's Greatest Hits (or not) - The Court and not the Group	Designer Tips for Clutter Control & Organization	Medicare and You	Zumba	How to Improve Your Dating and Sex Life After 50
1:30-2:15	Your Life, Your Legacy	Common Myths and the Real Truth about Medicaid, Asset Protection and Life Insurance	Foot Care 101 for People with Diabetes	Stay Strong: Open Room Fitness & Self-Defense Interactive Fun!	Adventures of a Ghost Hunter
2:30-3:15	Supplemental Insurance: Where Confidence Meets Courage	Low Energy? Find Out Why and How to Increase It Naturally	Downsizing Your Home	Astrology: What is in Your Stars?	Dance Performance
3:30-4:15	(No class at this time)	Beyond Happiness – Spiritual Tools for Sacred Living Especially for Women	Topics in Fall Prevention	Stay Strong: Open Room Fitness & Self-Defense Interactive Fun!	Comedy Show

A detailed description of all classes appears in the program book. Classes are approximately 45 minutes long. Please arrive early, as we will only allow entry to capacity.

Hearing Screenings are available all day in the Hargrave Room.

Thank you to all of our sponsors!

