

**Reminder - Belknap County Area Committee on Aging
Friday, 13 January, 10:00 am, Wesley Woods**

Your Gonna' Go, So You Might As Well Go Grinning'

The Belknap County Area Committee on Aging is pleased to kick off a series of informative sessions entitled the "**2012: Go Grinning Series.**" Bill York, from Live Free Home Health Care, will launch the series at the January 13th meeting with "***Your Gonna' Go, So You Might As Well Go Grinning.***" The discussion address various aspects of aging and what everyone needs to know to prepare or adapt so we can live life as worry free and comfortably as possible. In the months to follow, components of Bill York's presentation will be addressed in more detail.

February - how to age gracefully in "***My Body Is Aging, But I Am Not.***"

March - struggle with saying no or letting your wishes be known? Learn how to "***Speak Up For Yourself.***"

April - "***Do I Have to Leave the Drivers Seat?***" Knowing when and how to give up driving, without losing your independence.

May - "***In It for the Long Run***"; *guidance from a long term care planning specialist..... it is never too late to hear about options and how to use them effectively.*

June - "***Now for Later***"; *the series will wrap up with an estate planner who will discuss what actions should be considered now to maximize future options.*

The Mission of the Belknap County Area Committee on Aging is to advocate and inform the public on matters relating to the development and implementation of local, state and federal programs / issues affecting well being, independence and dignity in keeping with New Hampshire's goal to keep seniors healthy, helping us to realize full potential.

The Belknap County Area Committee on Aging meetings start at 10am, the 2nd Friday of each month. The committee meets in the Wesley Woods Community Room off Rte 11A, behind the First United Methodist Church in Gilford. All are welcome.

If you have questions, or would like more information, please contact Stace Dicker-Hendricks at 603-528-2555 or sdhendricks@wesleywoodsnh.org or Carrie Chandler at 279-8111 or cchandler@goldenview.org .