

**2ND ANNUAL
EMPOWERING
SENIORS
2010**

Presented by Commissioner Gary Fickes, Precinct 3
and the Northeast Senior Task Force

Friday, October 1, 2010 ~ 8:30 a.m. - 1:30 p.m.

FBCE Campus West
209 N. Industrial Blvd., Bedford, TX 76021

Workshops

Your Best Brain Now!

Dr. Susan Franks - UNT Health Science Center

Medicare 101/Understanding Social Security

Tom Williamson and Tom Clark

Current Strategies in Prevention of Cardiovascular Disease

Dr. Stephen Buksh - Texas Health Harris

Heart Smart Cooking Demonstration

Chef Ben Bates and Erin Donovan - Baylor Regional Medical Center Grapevine

ID Theft & Fraud

Tim Tramel

Matter of Balance/Texas Healthy Lifestyles (Chronic Disease Management/ Diabetes)

Jennifer Severance, PhD and Sandy Strachan

Legal, Financial & Long-Term Care Panel

Patty Poma, Joni Balamut and Pam Brandon

Breast Cancer Awareness

Rosario Aguayo, RN - John Peter Smith

Just the Facts: Recent and Upcoming Medicare Changes

Christina Bartha

Training for a Watchdog Nation

Dave Lieber

Bone and Joint Replacement

Dr. Thomas M. Carrell - North Hills Hospital

Planning for Retirement Panel

Peggy Glenn, Joyce Hanstrom-Parlin, and Earl Armstrong

Communicating with Healthcare Providers

Pam Brandon and Beth Noah

The Latest Treatment Options for Neck & Back Pain

Dr. Leonard Kibuule - Spine Team Texas

Building and Protecting Your Assets

Doug Roberts and Dora Ramirez

