

REGISTER TODAY TO JOIN US FOR A DAY OF FUN AND WELLNESS!



11th Annual Living Better After 50



Embracing Joy in the Second Act of Our Lives

Featuring:

Act II improv

along with *Patrick Arbore Ed.D.*

This improvisational theater group will share their talents on an interactive platform about life's issues, applying "THE POWER OF YES AND..." Dr. Arbore will share his knowledge with us to bring it all together to make it inspiring, relevant and fulfilling.

Choice of Workshops including:

- Cell Phone Basics
- Beware of Scams
- Brain Health
- Gardening
- Storytelling
- Managing Your Pain
- Fitness
- Aging with Pets

Older Adult Resource Table... and More!

Registration Fee \$5.00 (financial assistance available)

Includes Light Breakfast, Lunch and Raffle!

SATURDAY, APRIL 16, 2016

8:45am-3:15pm

Pittsburg Adult Education Center- Community Resource Building-1001 Stoneman Ave.

For more Information contact PAEC at (925) 473 - 4460

Presented by the East County Senior Coalition, Area Agency on Aging and PAEC
Registration information and directions on reverse

TWO WAYS TO REGISTER

1. Complete the registration and mail it with credit/debit card information.

Mail to: **Pittsburg Adult Education Center**

1151 Stoneman Avenue *checks cannot be accepted

Pittsburg, CA 94565

2. Come to PAEC (at the address above) and register in person (cash or card only).

***Please take note that the office will be CLOSED March 28-April 1 for break.**

Registration Form for Living Better After 50

Pittsburg Adult Education Center

Saturday April 16, 2016 - 8:45am – 3:15pm

Please print

Course #090910

Last name: _____ First Name: _____

Address: _____

City: _____ Zip: _____

Telephone: () _____ Male _____ Female Birth date: ____/____/____

Ethnicity: __ White __ Asian __ Black/AA __ Pacific Islander __ Filipino __ Am. Ind

Are you Hispanic __ yes __ no Other _____

Highest Education level (circle) None GED High School Tech Cert AA/AS

4-yr college graduate Graduate Studies I earned this outside U.S.

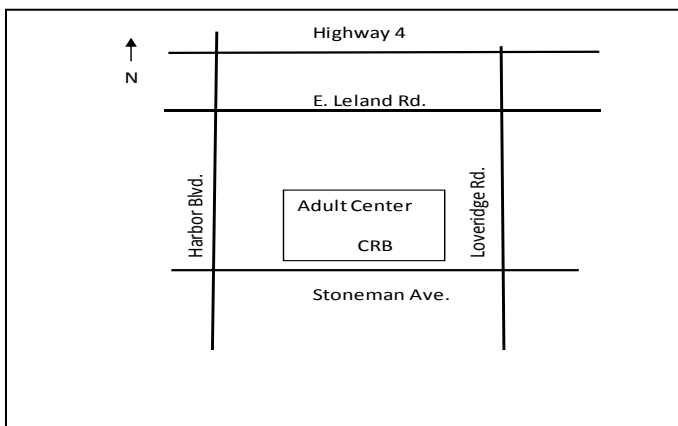
If paying by credit/debit card (Visa, Mastercard or Discover only):

Name on Card _____

Card #: _____ Exp. Date _____ 3 digit code _____

Signature: _____

Your name, address, phone number and birthdate are required for registration. Event is being held at the Pittsburg Adult Education Center in the Community Resource Building. See address and map below.



EVENT LOCATION:

Pittsburg Adult Education

Community Resource Building (CRB)

1001 Stoneman Avenue

Pittsburg, CA 94565

(925) 473-4460

