



***ALL THE BELLS & WHISTLES***

**SATURDAY, SEPTEMBER 19, 2015 SCHEDULE OF PRESENTATIONS**

- 1. 12:00 P.M. – 12:30 P.M. *Healthy Mind in a Healthy Body***  
How proper nutrition and certain vitamins contribute to the longevity of a good life along with simple exercise practices.  
By **Dr. Makis Limperis**, Medical Director of **Bridgeway Senior Living** and **Bridgeway of Bensenville**.
- 2. 12:35 P.M. – 1:05 P.M. *Dementia 101***  
The importance of understanding the various types of Dementia with emphasis on progressive non-reversible Dementias.  
By **Joyce Molino**, Director of Dementia Services of **Bridgeway Senior Living** and **Bridgeway of Bensenville**.
- 3. 1:10 P.M. – 1:40 P.M. *The Financial Reality of Senior Living***  
Stay at home or move into a Community? What happens when one runs out of money? When is the time to make the move? What kind of programs are available?  
By **John D. Apostle**, Director of Marketing of **Bridgeway of Bensenville**.
- 4. 1:45 P.M. – 1:55 P.M. *Ribbon Cutting for Bridgeway Bell Memory Care***  
By **Mr. Frank Soto**, Mayor of the Village of **Bensenville**
- 5. 2:00 P.M. – 2:30 P.M. *State of Illinois and Seniors***  
What the State of Illinois is doing to improve the lives of the seniors.  
By **State Representative Kathleen Willis** of the 77<sup>th</sup> District.
- 6. 2:35 P.M. – 3:05 P.M. *How to sell your home the right way***  
What works best in the new Real Estate market? How to stage your home for a quick sale? How to choose the right Realtor?  
By **Janice Burke**, SFR, ASP, CNHS, e-PRO, RCC, Broker of **EXIT Realty**.

**All educational sessions include 10 minutes of questions and answers on the subject.**