

# Optimal Aging 2012

## Critical Partnerships & Resources

### Wednesday, October 24th

#### Presented by:



**MICHIGAN STATE**  
**UNIVERSITY**  
College of Human Medicine



#### Session 1: Building Five - Star Neighborhoods

Presented by: Mark Ensberg, MD, Sparrow Senior Health Center, Geriatric Education Center of Michigan

#### Session 2: It's Your Community - Know All Your Options

Presented by: Barb Mannino, LLMSW, Options Counselor, Tri-County Office on Aging

#### Session 3: Optimal Aging through the Arts

Moderator: Leslie Donaldson, Executive Director, Arts Council of Greater Lansing

Presenter: Zahrah Resh, Artist

Presenter: Clare Luz, Ph.D, MSU, Quilts

Presenter: Jeannie Hendry, Martial Artist/Tai-Chi Instructor

Presenter: Cindy McElroy, Musician

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**Audience:** Everyone is invited including seniors, family caregivers, and community professionals/providers

**Time:** 8:30am – 12:30pm

Check-in & refreshments begin at 8:00am

**Place:** Eagle Eye

15510 Chandler Road

East Lansing, MI 48808

**RSVP:** MSU Family Resource Center

517-432-3745 or [frc@hr.msu.edu](mailto:frc@hr.msu.edu)

This is a **FREE** event, but space is limited. Register Today!

**Light breakfast and refreshments will be served.**