

Philadelphia Corporation for Aging presents

Engage Your Body and Brain

Saturday, March 24, 2018 • Noon - 4:30 pm • PCA • 642 N. Broad Street
FREE PARKING • EXHIBITORS

50-Minute Classes • Choose the 3 You Want • Get a Healthy Snack

Registration is Required by March 2nd

CHOOSE YOUR TOP 3 CLASSES:

- | | |
|---|---|
| <input type="checkbox"/> Cooking Demo: Heart-Healthy Italian Options
Shayna Marma | <input type="checkbox"/> Ways to Achieve a Healthy Mind and Healthy Body
Kim McIlhenny, LPN |
| <input type="checkbox"/> Small Space Gardening Tips
Helen Nadel | <input type="checkbox"/> Understanding Hoarding Behaviors
Linda Schumaker RN - BC, M.A. |
| <input type="checkbox"/> Best Practices for Cyber Safety
William Thompson | <input type="checkbox"/> How to Be an Advocate: Make Your Voice Heard on the Issues You Care About Most
Mariel Lorenz |
| <input type="checkbox"/> Tai Chi
Spencer Brennen | |

To Register, Complete This Form or Call 215-765-9000, ext. 5055

Name _____	Method of payment (please do not send cash): _____ Enclosed is a check for \$5 payable to: Philadelphia Corporation for Aging
Address _____	_____ Charge \$5 to my credit card:
City _____ State _____ Zip _____	VISA _____ MC _____ AMEX _____ DISC _____
Phone (_____) _____	Card Number _____
E-mail _____	Exp. Date _____ Security Code _____
	Signature _____

Mail to PCA Education Day, 642 N. Broad Street, Philadelphia, PA 19130 or email events@pcaCares.org.
Every effort will be made to place you in the classes you select. Registration confirmation will be sent a week prior to the event.

