

EMPOWERING SENIORS 2011

Workshops



WORKSHOP - ROOM 1

- 9:30 - 10:10** **Your Best Brain Now!**
Susan Franks, Ph.D.
UNT Health Science Center
- 10:40 - 11:20** **Watchdog Nation: Learn
How to Protect Yourself**
Dave Lieber
Star-Telegram Watchdog Columnist
- 12:00 - 12:40** **ID Theft & Fraud**
Martha Mabry, Crime Prevention Coordinator
Fort Worth Police Department

WORKSHOP - ROOM 2

- 9:30 - 10:10** **Take Control of Your Health:
Chronic Disease Self-Management**
Jennifer Severance, Ph.D.
Cynthia Franklin, Workshop Specialist
Texas Healthy Lifestyles, Senior Citizen Services
- 10:40 - 11:20** **Fit Start: Exercise for ALL Levels**
Gerald Campbell, Instructor
Hurst Senior Activities Center
- 12:00 - 12:40** **Medicare & You: Increase Your Power!**
Trelisha Brown, Attorney
Texas Legal Services Center

WORKSHOP - ROOM 3

- 12:00 - 12:40** **The Latest Treatment Options for Neck
& Back Pain**
Jennifer Donnelly, M.D.
Physical Medicine and Rehabilitation
Physician - Spine Team Texas