

3 KEYS TO LIVING LONGER AND MAINTAINING OPTIMUM HEALTH & WEALTH

Food

Our daily food choices have a lot to do with keeping our brain healthy. This program will teach you about foods and meal plans that specifically enhance the memory center and help reduce inflammation in our precious organ. We have the power to think more clearly and keep our brain young!

Fitness

Movement has become a leisure activity instead of a way of life. Most of our health related problems can be prevented and often resolved with one "miracle drug" known as motion! Become empowered to gain optimal health and enjoy a healthy, happy, pain-free and active life.

Finance

Managing the cost of healthcare is one of the most complex issues facing society today. Most retirees have no idea what their real out of pocket expenses may be. This program will help you to uncover various strategies to feel more secure about your short and long term healthcare planning.

THE SPEAKERS:

Dee Harris, RD, LDN, CDE
D-Signed Nutrition, LLC

Gaynell Anderson, PT, CSCS
Absolute Physical Therapy of Southwest Florida

Jill Ciccarelli Rapps, CFP®
Ciccarelli Advisory Services, Inc.

*A Community Event
Especially For Women
on Aging Gracefully*

FEATURING ONE-OF-A-KIND RESOURCE BOOTHS PROMOTING HAPPINESS AND WELL-BEING
Thursday, May 8, 2014 | 9:00-11:30 AM | St. John the Evangelist Ballroom



The Speakers



Dee Harris is a registered, licensed, and certified dietitian and nutritionist and a certified diabetes educator. She is the owner of D-Signed Nutrition, LLC, in Bonita Springs, Florida. In addition to her private practice, Dee works with the best-selling author of *Grain Brain*, David Perlmutter, M.D. and is the nutritionist at the Perlmutter Health Center in Naples, Florida. Using food as medicine for multiple medical and neurological disorders, she individualizes each patient's plan and supports them as they make lifestyle changes. Dee graduated from University of Georgia and completed her dietetic internship at Cornell Medical Center in New York. She is a certificate candidate for the Institute of Functional Medicine.



Gaynell Anderson is a licensed physical therapist and Certified Strength and Conditioning Specialist with over 27 years of experience. She is an independent business owner, establishing Absolute Physical Therapy of Southwest Florida in June 2007. Her clinic provides outpatient physical therapy services, including aquatic therapy, sports and orthopedic rehab, vestibular training, women's healthcare and preventive exercise/sports enhancement programs. Gaynell is currently pursuing her manual certification through the Florida Institute of Orthopedic Manual Physical Therapy. She has taught as an adjunct professor in the Doctorate program of Physical Therapy for Florida Gulf Coast University and is the treating therapist for the Miami City Ballet during their performances in Naples. Gaynell firmly believes knowledge is key to gaining and maintaining optimal health; through understanding how our bodies work, we are empowered and driven to take an active roll in our own health & well being.



Jill Ciccarelli Rapps is Vice President of Ciccarelli Advisory Services, Inc., a family focused wealth management firm with offices in Naples, FL and Rochester, NY. She is a CERTIFIED FINANCIAL PLANNER™ with over 26 years of experience guiding clients with their wealth management. As a Certified Professional Coach (CPC), Jill has been professionally trained to help her clients organize their thoughts and goals, and to develop and implement focused plans, both personally and financially. As a strong advocate of financial education, Jill has been an instructor for the National Center for Financial Education and an approved instructor for educational symposiums at the Chautauqua Institution in Western New York. Jill was also the co-host for the Naples television program, "It's Your Money," and is currently a presenter of financial & estate topics. A Naples resident for over 30 years, Jill lives with her husband, Peter, and their Shih-tzu's, Dallas, Lexi and Jordan. Her passions include health, travel and public speaking.

RESOURCES • EDUCATION • DISCOVERY • INSPIRATION • GIVEAWAYS • FUN



A Community Event Especially for Women on Aging Gracefully

Thursday, May 8, 2014 | 9:00-11:30 AM

9:00-9:30 AM Continental breakfast & resource booths

9:30-11:00 AM Featured presentation

11:00-11:30 AM Panel Questions & Answers

St. John the Evangelist Ballroom

625 111th Avenue North

Naples, FL 34108

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