

Free Registration
Registration begins September 1st!

HEALTHIER AGING IN WASHINGTON

EVIDENCE BASED PROGRAM STRATEGIES, PARTNERSHIPS & SUCCESSES

October 15, 2009

8:00-4:00

Holiday Inn at SeaTac

Hotel rooms available for
\$109!

Who should attend: Health care and public health professionals working with aging populations and with chronic disease.

- An overview of statewide accomplishments towards healthy aging programs
- Keynote by Nancy Whitelaw from the National Council on Aging – Healthier Aging- Why NOW?
- Demonstration of Enhance Fitness
- Panel of Area Agency on Aging and community based providers for the Chronic Disease Self Management Program (CDSMP)
- Breakout sessions on evidence based programs for chronic disease self-management:
 - 🍁 Fitness and exercise programs
 - 🍁 Falls prevention programs
 - 🍁 Disparate populations
 - 🍁 Cultural competencies
 - 🍁 Depression
 - 🍁 Future innovations and opportunities
 - 🍁 On-line chronic disease management
- Plenary session of sustainability of evidence based programs, healthy aging, and connection with the health care system.



Sponsored by:

**National Council on Aging (NCOA)
Challenge Grant**



Includes: BREAKFAST * SPEAKERS * SESSIONS * HEALTHY LUNCH *