



## PROGRAMS

- 9:00am** Opening of *Time of Your Life Senior Expo* - Coffee and lite Breakfast  
**Lobby** Come meet several **Senior Perfect Pups** thanks to **NEW Pawsibilities**  
**11:30am** **Lunch Concession Opens**  
**12:00 – 1:30pm** **Main Stage – Franki Moscato** – Oshkosh’s own, March 2019  
*American Idol* Golden Ticket Winner  
**12:00-1:00pm** **“Battle of the Facility Chefs”** – Area chefs will sample the best of their facilities’ dining.

**Silver Sneaker** demo(s) by the Oshkosh YMCA,  
**Demos** from the Winnebago County Dept. of Health

### Seminars

**Attendees to the Seminars will Receive an Extra Prize slip to be entered into the Drawings.**

#### Hutchinson Meeting Room

Limit 80 per session

- 9:00am** **Winnebago County Aging & Disability Resource Center Panel Discussion – We’re Here for You!**  
 Several County Professionals from various departments will introduce you to their agency. They are able to refer anyone to many specific services. Special Drawing just at this Seminar.
- 10:00am** **How to Protect Yourself from Scams and Be a Smarter Consumer**  
 Susan Bach, NE Wisconsin Regional Director for the Better Business Bureau of Wisconsin  
 For the past 15 years, Susan has worked for the BBB as an investigator, educator, outreach specialist and media relations spokesperson. She regularly presents to the public on a variety of topics.
- 11:00pm** **Wills vs. Trusts**  
 Attorney Justin Randall – Hooper Law Offices  
 A thought-provoking discussion of the basics of estate planning to discover which plan is right for you and your loved ones.
- 12:00pm** **Muscle Imbalances: Stretching and Strengthening**  
 John Hartenberger, PT, CMTPT - Orthopedic & Spine Therapy

## Henrietta Meeting Room

Limit 70 per session

### **9:00am** *The A, B, C, and D's of Medicare*

Brian Leonhardt, Employee Benefits Advisor for *Valley Insurance Associates, Inc.*

Learn the basics of Medicare with a focus on how to decide between Medicare supplement plans and Medicare Advantage plans based on the individual's specific needs. Brian has over 35 yrs. experience and is considered an expert on the Affordable Care Act and Medicare.

### **10:00am** *Naturally Heal Your Knee Without Surgery, Medication and Injections*

Dr. Eric Koehler, DPT, OCS, FAAOMPT – Physical Achievement Center

Discover effective non-surgical solutions due to knee pain; ideal for those who have arthritis and/or worn out meniscus.

### **11:00am** *Wellness Plus: Tools for Better Health or Are You Ready to Take Charge of Your Health?*

Joanne Murphy Spice, Winnebago County Dept of Health

Learn about these affordable evidenced based classes available in Winnebago County.

*Healthy Living with Chronic Pain, Healthy Living with Diabetes, Tai Chi, Stepping On, Strong Bodies*

### **12:00pm** *Declutter, Rightsize, and Move Painlessly!*

Leah Helms, JDog Junk Removal & Hauling

Decluttering your home can be stressful and overwhelming. Learn resources to make your transition easier.

## Free Health Screenings 9am - 1pm

### Oshkosh Corp. Board Room



**Hearing screenings**  
**Fox Valley Hearing Center**

### Thistle Room



**Walgreens Flu Shot Clinic**  
Free flu shots, bring insurance card



**Blood Pressures and Pulses**  
Valley VNA Senior Care



**Vision Screening**  
OptiVision

**Booth #608**

**Other Screenings and Demonstrations at Exhibitor Booths on the Expo Floor**