

# SeniorAdvocate<sup>SM</sup>

## Active Aging Series

Westminster-Canterbury on Chesapeake Bay  
3100 Shore Drive, Virginia Beach, Virginia  
*Sponsored by Hook Law Center*

Join us the first Tuesday of each month, July through December, for an engaging educational program about aging and a lunch social on the Chesapeake Bay in Virginia Beach from 10:00 am–1:00 pm. All programs (including lunch) are complimentary and we request an RSVP one week prior to each event.

**Tuesday, July 1: “Better Active Aging & Wellness”** will be presented by Dr. James Carraway, Director, EVMS Plastic & Cosmetic Surgery Center. Dr. Carraway is a strong advocate for living a healthy lifestyle, especially in the senior years. He will be sharing information on how to be your own health and wellness advocate.

**Tuesday, August 5: “Avoiding Elder Law/Elder Care Pitfalls”** will be presented by Andrew Hook, Founder, Hook Law Center. Mr. Hook has been practicing for nearly 40 years, is a certified Elder Law Attorney and has been named by *Virginia Super Lawyers* magazine as one of the top attorneys in Virginia. He will be discussing some of the following Elder Care Issues: Home Sales and Tax Consequences, Social Security, Long Term Care Expenses, Marriages Later in Life and Medicaid Estate Recovery.

**Tuesday, September 2: “A Spiritual Approach to Wellness”** will be presented by Peter Woodbury, Private Practice Psychotherapist and Visitor Center Supervisor, Edgar Cayce’s Association for Research and Enlightenment. Mr. Woodbury is a popular Edgar Cayce tour leader and presenter. He will be sharing his ideas on “Holism” and tips on how to use spirituality and faith as tools for personal transformation and liberation.

**Tuesday, October 7: “Dolly’s Folly – A Woman’s Journey – Her Way”** will be presented by David Clemens, Vice President, Morgan Stanley Wealth Management. Mr. Clemens is a Financial Advisor and Portfolio Manager with Morgan Stanley where he focuses on comprehensive wealth management for families. His mother, Dolly, lived an incredible life as an independent woman on the leading edge of the women’s movement. Her thirst for education and travel turned into a life story of endurance and perseverance.

**Tuesday, November 4: “Health Starts Here: The 4 Pillars of Healthy Eating”** will be presented by Cara Blume, Nutritionist and Healthy Eating Specialist, Whole Foods Market. Ms. Blume is an advocate for healthy eating and will discuss tips for purchasing and cooking food that is both tasty and good for you.

**Tuesday, December 2: “Using Yoga and Mindfulness to Create a more Purposeful and Enriched Life”** will be presented by Ann Richardson Stevens, Founder, Studio Bamboo Yoga. Mrs. Stevens has found her calling in teaching yoga and mindfulness techniques at her Virginia Beach Yoga Studio. She will explain how to revitalize your mind, body and spirit in today’s fast-paced, stressed out world.

RSVP online at [www.SeniorAdvocateOnline.com](http://www.SeniorAdvocateOnline.com)  
(click on the red “What’s Happening” box in the lower left hand corner),  
or by phone at 757-645-6364.

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