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**National and Regional Experts to Lead
Nov. 1 Healthy Aging Forum & Expo**

HAMPTON ROADS, Va. (Aug. 11, 2014) - National and regional experts on aging and wellness will headline The Art of Healthy Aging Forum & Expo being produced by Senior Services of Southeastern Virginia on Saturday, Nov. 1, 2014, at the Virginia Beach Convention Center, 1000 19th St., Virginia Beach.

Senior Services also has announced that Virginia Eye Consultants, which has offices in Norfolk, Hampton, Suffolk and Carrollton, is this year's naming sponsor. The half-day regional conference will also include an expected 75 to 100 exhibitors offering products and services designed to support active aging and retirement.

The forum, from 8 a.m. to 1:30 p.m. on Nov. 1, is expected to draw 300 to 500 seniors and family members as well as caregivers and other professionals, according to Senior Services, a not-for-profit agency. The \$15 registration fee includes a continental breakfast and lunch as well as access to all speaker sessions and workshops.

The luncheon keynote speaker, Dr. Stefan Gravenstein, is a national expert on geriatrics who is well-known to many in Hampton Roads. Dr. Gravenstein is director of the Center for Geriatric Medicine at University Hospitals, Case Medical Center in Cleveland, Ohio, but formerly directed the Glennan Center for Geriatrics and Gerontology at Eastern Virginia Medical School in Norfolk. He will be introduced by Dr. Robert Palmer, the current director of the EVMS Glennan Center.

"This regional conference is a wonderful opportunity for seniors and their family members

to learn from some of the top professionals in the fields of aging and wellness, to exchange ideas and to become familiar with a wide range of products and services available in Hampton Roads," said John N. Skirven, CEO of Senior Services. "It will be an exciting event."

Participants will be able to explore healthy aging from a variety of perspectives. The forum kicks off with Jack Ankerson, the popular local sports announcer and former executive director of the Hampton Roads Sports Commission. Ankerson, who recently took on the responsibilities of Athletics Gift Officer at Virginia Wesleyan University, will share his philosophy on active aging.

The day will include eight workshops: Healthy Sex with Dr. Marissa C. Galicia-Castillo, of the EVMS Glennan Center; Financial Fitness with attorney Andrew Hook of the Hook Law Center; As You Wish Hampton Roads - Advance Care Planning with David Murray, executive director of the Advance Care Planning Coalition of Eastern Virginia; 55+ Retirement Living & Lifestyles with a representative of Atlantic Shores Living; Healthy Caregiving with Dr. Michael Geller, geriatrician and medical consultant and Christianne Fowler, DNP, RN, an assistant professor at Old Dominion University and EVMS Glennan Center; Going Out in Style with author Dee Branch Oliver; Healthy Brain with Dr. Paul Aravich, a professor of pathology and anatomy with EVMS; and Medicare 101 Basics with Rhys Jones, strategic policy lead - government programs for Humana.

In addition to Virginia Eye Consultants, forum sponsors to date include Sentara, Optima Health, Atlantic Shores Living, Hook Law Center, Obici Healthcare Foundation, Bon Secours Hampton Roads Health Systems and Aramark.

Senior Services is continuing to accept sponsor commitments and exhibitors. For information, please contact Lorraine Kohart at 757-461-9481, ext. 105, or LKohart@ssseva.org.

To learn more about attending the forum, please visit www.ssseva.org or call 757-461-9481. Preregistration by Oct. 30 is encouraged.

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Senior Services of Southeastern Virginia is the regional not-for-profit organization that helps seniors and adults with disabilities live with choice and dignity in their communities. Its headquarters and satellite offices assist citizens in the cities of Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk and Virginia Beach, and in Isle of Wight and Southampton counties. Programs and services include case management, in-home care, home-delivered meals, Care Transitions, wellness classes, I-Ride Transit, and Medicare benefits counseling and more. In 2013, more than 17,618 people throughout the Southeastern Virginia region were served. To learn more about Senior Services, please call 757-461-9481, connect with us on Facebook, Twitter or LinkedIn, or visit www.ssseva.org.