

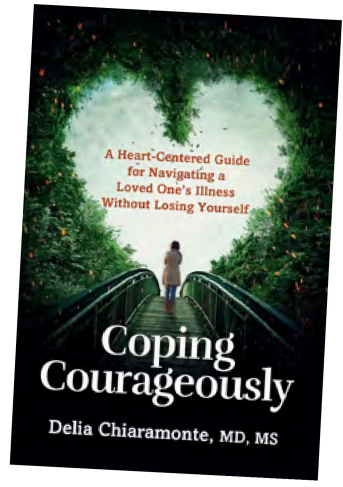
Embracing the Golden Years: The Inaugural Aging Well Expo

Unlocking the Secrets to Purposeful Living, Wisdom, and Wellness

On May 9, The Woman's Club of Roland Park (TWCRP) will host the first Aging Well Expo, a groundbreaking event aimed at guiding individuals through the maze of considerations that come with aging gracefully. It promises to be an insightful day filled with empowering discussions, expert advice, and an exploration of the myriad aspects of growing older with wisdom and vitality.

Featuring Dr. Delia Chiamonte, Author of Coping Courageously

One of the highlights of the Aging Well Expo will be the keynote address and book signing by the esteemed Dr. Delia Chiamonte, author of *Coping Courageously: A Heart-Centered Guide for Navigating a Loved One's Illness Without Losing Yourself*. Chiamonte's compassionate and insightful approach to caregiving has earned her a reputation as a beacon of support for those navigating the challenges of caring for loved ones. Her book, a roadmap for maintaining one's own wellbeing while caring for others, promises to be a valuable resource for attendees.



TWCRP will host a daylong event geared for seniors in May. Photo courtesy of TWCRP



aging-in-place solutions. It will be an invaluable opportunity to explore a variety of housing options and support services tailored to meet the unique needs of individuals as they age. Additionally, a plethora of community resources will be on hand to provide guidance and support in areas such as healthcare, wellness and social engagement.

A Community Coming Together

The Aging Well Expo is not just an event; it's a community initiative fostering dialogue and collaboration among individuals, families and organizations committed to creating a supportive environment for seniors. TWCRP will provide an elegant backdrop for this day of learning and connection, creating an atmosphere that encourages open conversations about aging and the possibilities that come with it.

Save the Date and Age Well

Whether you're a senior actively planning for the future or a caregiver seeking valuable insights, the Aging Well Expo at TWCRP is a must-attend event. Come for the expert advice, stay for the community connections, and leave with the tools to embrace the golden years with courage, grace and vitality. Mark your calendar for May 9—a day dedicated to unlocking the secrets to aging well. For more details, visit twcrp.org.

You're Invited
TO THE
Aging Well Expo

May 9 • 10 am-3 pm

The Woman's Club
of Roland Park
4500 Roland Ave.

RSVP • twcrp.org

Diverse Topics, Expert Speakers

The Aging Well Expo is not just about caregiving. It covers a broad spectrum of topics essential to navigating the aging process successfully. Attendees will have the opportunity to delve into discussions on purposeful living, planning ahead, downsizing and the dilemma of what to do with a lifetime of accumulated possessions. Solo aging, a growing trend among seniors, will also be explored, along with insights into managing financial and legal matters in the later stages of life and much more.

Connecting with Resources: Senior Living and Aging-in-Place Solutions

Throughout the venue, attendees will find a vibrant marketplace featuring representatives from senior living communities and

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