

# Online Events



## PIONEERS IN AGING Fall 2022 Series

### Enlightened Aging: Building Resilience for a Long, Active Life

**Monday, October 10, 12-1pm**

Presented by Dr. Eric B. Larson.

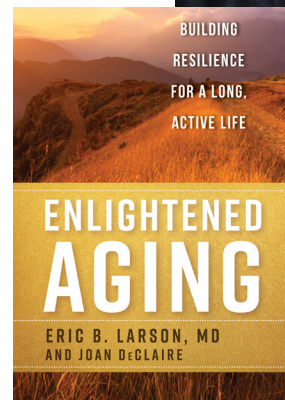
Author, physician and research scientist Dr. Eric B. Larson will offer practical advice about growing old with resilience and foresight. His book proposes a path to resilience that may help you maintain vitality as you age.

#### Steps include:

- Being proactive about your health.
- Accepting the changes that come with growing older.
- Building strong physical, mental and social reserves.

Dr. Larson's advice is based on his experience leading one of the world's largest and longest research studies aimed at preventing dementia. He also shares inspiring stories from his experiences with patients, study participants, family and friends.

*The sessions will not be recorded.  
Please register for each session separately  
at [www.kcls.org/programs](http://www.kcls.org/programs) or call your local library.*



kcls.org

Reasonable accommodation for people with disabilities is available by request.  
Email [access@kcls.org](mailto:access@kcls.org) at least seven days before the event.  
Automated closed captioning is always available for online events.



# Online Events PIONEERS IN AGING Fall 2022 Series

## The Secret Language of Healthcare: How to Ask for the Care You Deserve



**Monday, October 17, 12-1pm**

Presented by Robin Shapiro, Health Advocacy Pioneer and Board Chair of HealthAdvocate.

Understand healthcare language



and how to use it to improve your health. Compelling, real stories reveal how your words, phrase, and actions can transform your care.

• Discover how to work more powerfully with your doctor.

- Learn the questions that can save your life in the hospital.
- Be prepared before you are facing a critical medical situation.
- Understand which independent experts can help when you need them most.

## Retirement Reinvention: Make Your Next Act Your Best Act

**Wednesday, November 2, 5:30-6:30pm**

Presented by Robin Ryan.

*Retirement Reinvention* shatters the myths of retirement. This session is focused on how you will spend your time once you leave your job including how to find more fun and create meaningful ways to spend your time. Bestselling author Robin Ryan (*60 Seconds and You're Hired!* and *Over 40 and You're Hired!*) will inspire and educate you on how to create a more enjoyable future.



*The sessions will not be recorded. Please register for each session separately at [www.kcls.org/programs](http://www.kcls.org/programs) or call your local library.*

