

**DIRECTIONS TO  
GUIDING LIGHT CHURCH**

*The Guiding Light Church  
1800 John Rogers Drive  
Birmingham, Alabama 35210*

If traveling on **I-20 East**

Take Exit 133  
Turn left onto Kilgore Memorial Drive  
Turn right onto Crestwood Boulevard  
Turn left onto John Rogers Drive  
The Guiding Light Church will be on the left

If traveling on **I-20 West**

Take Exit 133  
Turn right onto Crestwood Boulevard  
Turn left onto John Rogers Drive  
The Guiding Light Church will be on the left

If traveling on **459-North**

Take Exit 31  
Turn left onto Derby Parkway  
Turn left onto John Rogers Drive  
The Guiding Light Church will be on the left

If traveling on **459-South**

Take Exit 31  
Turn right onto Derby Parkway  
Turn left onto John Rogers Drive  
The Guiding Light Church will be on the left

**UAB Alzheimer's Disease Research Center  
1720 7th Ave South  
Sparks Center Suite 640  
Birmingham, AL 35294**

**PAID**  
Non-profit Org.  
U.S. postage  
Permit No. 1266  
Birmingham, AL

**Aging begins the  
day we are born,  
not at 65!**

# **Healthy Aging Seminar**



*Presented By  
Family Care Center and Senior &  
Family Matters Guiding Light Church  
UAB Alzheimer's Disease  
Research Center*

**Saturday, July 21, 2007**

**FREE** continuing education  
credits for **NURSES** and  
**SOCIAL WORKERS**

## Healthy Aging Seminar

Aging begins the day we are born, not at 65! Do you know that Alzheimer's Disease is a diagnosis and not a prognosis for aging? How we live affects how we age. Want to know more?



### Healthy Aging Seminar Program

- 8:30 Registration
- 9:00 Opening Remarks – Dan Marson, JD, PhD
- 9:10 “The Century of the Brain” – Richard E. Powers, MD. The brain is a “use it or lose it” organ. Learn how to stay mentally fit and understand the aging brain.
- 10:00 Break
- 10:15 “If Memory Fails” – Daniel Marson, JD, PhD. UAB’s Alzheimer’s Disease Research Center offers hope!
- 10:40 “Move it or Lose it!”- Ulysses Fogle  
The importance of continuing to move and stay active as we get older.
- 11:15 Aging Attitudes - Natalie Washington, LGSW. Learn more about society’s perspectives on aging and what the Bible teaches us.
- Noon Adjourn

*Presented by*

UAB Alzheimer’s Disease Research Center

and

Family Care Center and Senior & Family Matters

Guiding Light Church

### Speakers for Healthy Aging Seminar:

**Richard E. Powers, MD**, is a Geriatric Psychiatrist and Neuropathologist. He trained at the University of Kentucky in Lexington, KY and the Johns Hopkins Hospital in Baltimore, MD. He is currently Associate Professor of Pathology in the Division of Neuropathology at the University of Alabama at Birmingham. He is the Director of the Bureau of Geriatric Psychiatry for the Department of Mental Health for the State of Alabama. He oversees the Dementia Education & Training Program for the State of Alabama. He is also the Medical Director for the State of Alabama Department of Mental Health and Mental Retardation.

**Daniel C. Marson, JD, PhD**, is a tenured Professor in the Department of Neurology at the University of Alabama at Birmingham (UAB). He is the Director of the NIA funded Alzheimer’s Disease Research Center at UAB, and he also directs the Division of Neuropsychology within the Department of Neurology. Dr. Marson has lectured nationally and internationally regarding medical-legal and ethical issues in dementia and other neurocognitive disorders. His area of research focus is loss of medical decision-making capacity, financial capacity, and other higher order instrumental activities of daily life.

**Ulysses Fogle** is a certified aerobics instructor with the Aerobics and Fitness Association of America Group Fitness. Retired from the US Army after 20 years, he has taught aerobics and cardio kickboxing for six years. He presently teaches Step Aerobics at the Shades Valley YMCA, and Cardio Kickboxing at the Guiding Light Church.

**Natalie Washington** has been a licensed graduate social worker (LGSW) in health care and aging for 13 years and has 19 years total experience involving intensive counseling, care management, and health education in service to children and families in various capacities, the elderly, and their families. She is presently responsible for day to day operations of UMWA Funds Field Office as well as creating and implementing, in conjunction with other staff, various health and wellness programs for retired coal miners and their families in the state.

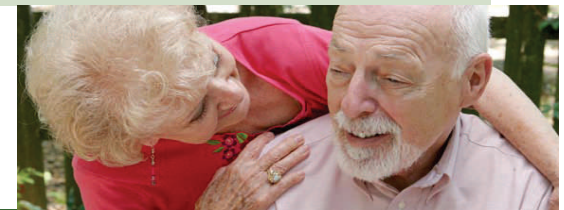
SATURDAY, JULY 21, 2007

8:30 REGISTRATION  
9:00-12:00 SEMINAR

The Guiding Light Church  
1800 John Rogers Drive  
Birmingham, Alabama 35210

How to age well...Alzheimer’s disease

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NURSES and SOCIAL WORKERS



### Sponsored By

- Alacare Home Health & Hospice of Alabama
- Family Care Center and Senior & Family Matters Guiding Light Church
- UAB Alzheimer’s Disease Research Center
- Wiregrass Hospice

UAB Alzheimer’s Disease Research Center  
1720 7th Ave South  
Sparks Center Suite 640  
Birmingham, AL 35294

Phone: 205-934-3847

Fax: 205-975-7365

**The University of Alabama at Birmingham Alzheimer’s Disease Research Center is funded by the National Institute on Aging. Our mission statement: To provide the very best in clinical care, research and education for patients and families with Alzheimer’s disease and related disorders.**

**For more information about this seminar please call**

**Natalie Washington – (205) 856-0506  
or Sharonda Hardy – (205) 996-7569**