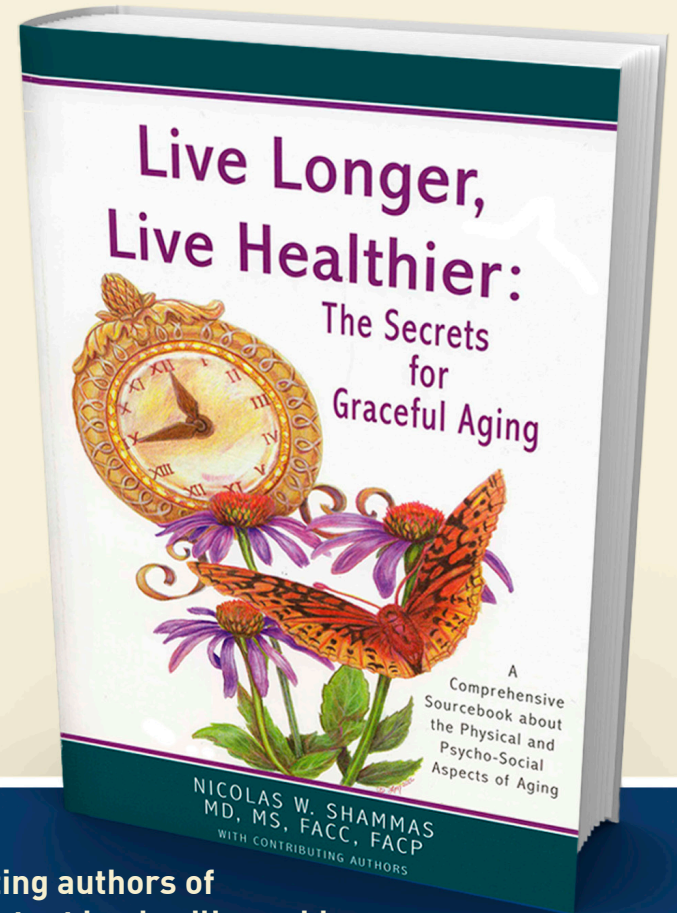


*You are invited to  
attend an*

**ENGAGING  
SEMINAR SERIES**

*on*

**GRACEFUL AGING**



**Senior Star**  
at Elmore Place

**Contributing authors of  
this important book will provide  
information to Seniors on staying healthier,  
independent and socially active.**

Inspired by the book *Live Longer, Live Healthier: The Secrets for Graceful Aging*, Senior Star at Elmore Place invites you to attend a free ongoing seminar series presented by several contributing authors of the book. This powerful information will help Seniors continue living life to its fullest.



#### UPCOMING SEMINARS:

### “Stay Active: The Importance of Exercise as We Age”

*Featuring Karen Doy, MS*

August 25 at 5:30 pm

August 27 at 11:30 am

### “Osteoporosis and the Sentinel Event”

*Featuring Susan Freburg, ARNP*

September 1 at 11:30 am

September 3 at 5:30 pm

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*Refreshments and appetizers will be provided.*

RSVP-Seating is limited!  
Please call to RSVP for these FREE seminars; it would be our pleasure to answer your questions.



**Senior Star**  
at Elmore Place

*Elmore Ave. & E. 46th St.*

**(866) 380-5361**

**[www.seniorstar.com](http://www.seniorstar.com)**

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Davenport, IA 52807

