



Congress of California Seniors
in conjunction with
Self Help for the Elderly
presents

The Future Is Now!

Initiating the Plans that You've Been Putting Off

Saturday, February 19, 2011

Lincoln Court Senior Apartments
2400 MacArthur Blvd., Oakland, CA 94602
510.336.1952

9:30 AM to 1:00 PM

Wills & Trusts
Heather Tremaine, Atty

Health Care and Self Help
Sandi Mills, M.D.

End of life Issues/Choices
Diane Sickmen, IA

Attendees will have the opportunity to hear from an attorney, medical doctor and retired insurance agent concerning the costs associated with getting older and question how they can make better preparations

Registration Fee: \$5.00 at the door, lunch included

Raffles

Raffles

Raffles