



Midcoast Maine Holistic Health Event Center - 2018

Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 www.belfastbreezeinn.com

Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.

Healthy Aging

with

Dr. Peg Cruikshank



**Dates: 4/18 1-4p
or 5/31 1-4p**

Book your seat for this exceptional experience at <https://healthyaging.bpt.me/>



This workshop will encourage participants to reflect on their attitudes toward aging and to examine cultural myths on the subject. New findings from the humanities and social sciences will be presented. Ample time for discussion.

About Peg Cruikshank

Dr. Cruikshank has taught courses on aging at the University of Maine and the University of Southern Maine. She is currently a faculty associate of the University of Maine's Center on Aging.



What is the key to Healthy Aging?

Is it.....

More than DIET and EXERCISE

More than GENETICS

More than MEDICATIONS AND VITAMINS

More than WHERE YOU LIVE

Come learn more!