

Brown Club of
Southwest Florida



Invites you to
**Fit at 50, Sexy at 70, Nimble at 90:
Successful Aging via Prevention**

With



Terrie Wetle

Richard Besdine

Terrie Fox Wetle, MS, PhD, Dean, School of Public Health; Professor of Health Services, Policy and Practice
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When it comes to your health, it's a jungle out there. If you are over 65, the predators include chronic diseases such as dementia, cancer, diabetes, heart disease and arthritis. Even with modern medicine behind you, they can disable and kill you before your time -- unless you take evasive action.

The dark side of prevention is that most of these deadly and disabling conditions can be delayed and even prevented and are essentially self-inflicted. In fact, your major risk factor for death from a preventable disease is not the quality of your health care, your social circumstances or even your genetic makeup. Your single biggest risk is your own behavior. How can you turn the tables and make the power of prevention work for you? Join us and find out!

When

Thursday, March 31, 2016

3:00 – 3:45 PM Reception with refreshments

3:45 – 5:00 PM Presentation and Q & A

Where

Naples Sailing and Yacht Club, 896 River Point Drive, Naples

Pricing

\$20 for wine and cheese

RSVP

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