

## GRACEFUL AGING



Come to a delicious lunch and let's talk about food for the body, mind, and soul and the key ingredients to help us age well and stay connected with friends and community.

Featured Speaker, Catherine Wong, a dietitian and nutrition manager from the Chinatown Public Health Center, San Francisco Dept of Public Health, will launch us on this program talking about health and nutrition. Chi Am panelists, Mabel Lai, Muriel Kao, Gloria Hom, and Diana Chan will elaborate on natural supplements, foods rich in anti-oxidants, music, dance, exercises, hobbies, books, internet web surfing, travels, staying connected, volunteering and giving back to the community, precautions, emergencies. We'd like to actively engage the audience in discussion.

There will be informative handouts on: Foods for best nutritional value / Best Bone Building foods / Foods for the skin, hair, joints, the brain.../Insight into Alzheimer's and what we can do to fortify against memory loss / Symptoms and questions relating to Alzheimer's / Protect Your Brain Health / Stroke Emergency First Aid

WHEN: Saturday, October 29  
10:30 a.m registration and seating  
11:00 Featured Speaker & Panel discussion  
12:30 Lunch

WHERE: **Ming's Villa of Palo Alto (Please note this change of venue)**  
1700 Embarcadero Road, Palo Alto

COST: \$20 per person includes tax and gratuity for lunch

RSVP: **By Thursday, October 20**  
To: Pearl Lee ([frank.pearl@sbcglobal.net](mailto:frank.pearl@sbcglobal.net)) 408-371-1998

Member name: \_\_\_\_\_

Guest names: \_\_\_\_\_

Checks payable to Chi Am Circle, Pearl Lee, 4158 Mystic Drive, San Jose, CA 95124

Bring your friends and family to this informative luncheon seminar to enjoy good food, and take home valuable information.

*Co-Chairs: Diana Chan, Pearl Lee Panelists: Mabel Lai, Gloria Hom, Muriel Kao, Diana Chan  
Committee: Virginia Bakken, Doris Char, Klara Cheung, Gloria Hom, Jennie Hong, Ginger Hu, Ginger Lai, Mabel Lai, Pearl Lee, Susan S. Lee, Mabel Seid, Linda Toda, Grace Wong, Irene Yeh*