



BABY BOOMER Lifestyle Expo

ENRICHMENT CLASSES

10:15AM

“Morning Guided Meditation”
Inner Rebel Co.

11:00AM

“Tai Chi For Stress Relief”
Zero Point Tai Chi

1:00PM

“Line Dance For Beginners”
Treasure Valley Country Western Dancers

2:00PM

“Swing Dance For Beginners”
Dirt Road Dancing

3:00PM

“Intro To Fly Fishing”
Northwest School of Fly Fishing

SEMINAR SCHEDULE

11:00AM

“Bucket List Travel: Tools, Tips & Trips”
Empty Nest Travel

12:00PM

“Estate Planning Basics”
Ketlinski Law

1:00PM

“Retirement Planning”
Thrivent Financial

2:00PM

“Resolve Pain & Avoid Surgery with Regenerative Therapies”
Karlfeldt Center

3:00PM

“Navigate the Medicare Process”
Humana

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