

Event Logistics – Working Document

Event Title: Live Well Age Well Health Expo

Hosted by: City of Los Altos Senior Commission + Parks & Recreation Department

Date: Tuesday, September 9

Time: 12pm – 3pm

11am – 12pm set up

3pm – 4pm clean up

Location: Los Altos Community Center

97 Hillview Avenue

Los Altos, CA 94022

Event Elements:

- Vendor showcase, 25 – 30 vendors
- Speakers/Presentations, broad presentations on a variety of topics – roughly 30 minutes for the presentation and 10 minutes of Q&A
- Refreshments
- Give aways
- Survey to inform topics for future speakers/presentations

Anticipated Presentation Topics:

- Overview of preventing/delaying dementia/cognitive decline
- Nutrition – eating for a healthy brain as it relates to preventing/delaying dementia/cognitive decline
- Importance of movement/activity/exercise as it relates to preventing/delaying dementia/cognitive decline
- Importance of healthy sleep habits as it relates to preventing/delaying dementia/cognitive decline
- Importance of social connectedness as it relates to preventing/delaying dementia/cognitive decline
- Caring for the Caregiving
- Safety
- Emergency Preparedness

Event Description:

- Join us as we discover the world of health, wellness, and safety. Explore an array of vendors, and learn from a variety of professionals through educational sessions to enhance your quality of life! Enjoy refreshments and fun giveaways while supplies

last. Sponsored by the Los Altos/Los Altos Hills Senior Commission, Los Altos Parks & Recreation Adult 50+ Program, and Los Altos Hills Community Services.