

SPEAKER SCHEDULE

VALENCIA ROOMS

TIME	VALENCIA A	VALENCIA B	VALENCIA C
9:15 a.m.	 <p>Family Trust Funds 101-How to Avoid Probate Kimberly Soto, Managing Attorney The Soto Law Office, P.A.</p>	 <p>Mindful Movements to Enhance Daily Living Rebecca Schmidt, E-RYT200, RYT500 Blue Moon Yoga</p>	 <p>Helping Couples Put ALL the Pieces of the Retirement Puzzle Together, to Thrive, Not Just Survive Laura Riddle, MA, LMFT Counseling Office of Laura Riddle</p>
10 a.m.	 <p>Beyond Dementia: Quality of Life After a Diagnosis Joshua J. Frietas, M.Ed., BC-DEd, CAEd Vice President, Program Development Certus Senior Living, LLC</p>	 <p>Travel with Purpose Adam Swiatek, Global Marketing & Communications Manager Carnival Corporation & PLC Presented by Cruise Planners, Timi Hunt</p>	 <p>How to Protect Your Family's Assets from Devastating Nursing Home Costs/Medicaid Secrets Jodi Murphy & Michelle Berglund-Harper Murphy and Berglund, Attorneys at Law</p>
11 a.m.	 <p>The Agony of Da-Feet Dr. Richard M. Cowin, DPM Laser Foot Surgery Specialist</p>	 <p>Think Beyond the Driver's Seat Transportation Options Panel of Experts Presented by Alert Today Florida, Florida Department of Transportation</p>	 <p>How to Maximize Your Social Security Benefits Jim Greene, Partner & Wealth Manager Synergy Wealth Alliance</p>
12 p.m.	 <p>Don't Eat That! Instead, Chew on This! Pradip Jamnadas, MD, MBBS, FACC, FSCAI, FCCP, FACP The Galen Foundation</p>	 <p>The Art of Aging: Live Life to The Fullest! Carolyn Dowling, RD, LDN Presented by Cabot Creamery Cooperative</p>	 <p>Successful Estate Planning – What You Need to Know Kathleen Flammia, Attorney at Law Kathleen Flammia, P.A.</p>
1 p.m.	 <p>You Have to Be Alive Before You Can Age Successfully Dr. Jerry Horton, Medical Director MD Age Management</p>	 <p>Leave the Kids the Memories, not the Mess Sue Marie Bowling ThatOrganizer.com</p>	 <p>The Future of Social Security, Medicare & Medicaid Orlando Sentinel Florida Forward Panel Paul Owens, Orlando Sentinel, Moderator Cristina Martin Firvida, AARP Sean Snaith, University of Florida Phil Smith, The Concord Coalition</p>
2 p.m.	 <p>Cosmetic Skin Rejuvenation & Anti-aging Dr. Ayyaz Shah, D.O. Shah Dermatology, LLC</p>	 <p>Optimizing Nutrition for Brain Health Ashley Bryan, Founder and CEO MemoryMeals</p>	 <p>Healthy Legs – Varicose Veins are a Medical Issue Dr. Samuel P. Martin, MD, FACS Founder & Medical Director Vascular Vein Centers</p>