



Region VII Health & Learning Day

Tuesday, May 7, 2019, 8 am—2 pm

Burleigh County Senior Center

Free and Open to the Public!

(Schedule Subject to Change)

Featuring...

“The Gift” Leaving a Legacy That Outlives Your Life Bob Uppgren



Bob Uppgren is one of the most in-demand speakers on creativity, innovation and business. He has spoken and consulted for many of the most prominent brands in the world; including Disney, Coke, GM, Microsoft, Coldwell Banker, Scotts, Humana Health and Cisco to mention a few. He has also become one of the most trusted voices in the educational world, working with hundreds of thousands of educators from the top school districts in the United States and Canada, as well as the largest youth associations in North America.

Over the past two decades, his organizations have also worked side by side with professional athletes, Hollywood stars, government officials and at one point, even a former mafia boss who was profiled as one of the ten most powerful mafia leaders in the world.

What drives Bob Uppgren, however, has little to do with the interesting people, places or projects he’s been fortunate enough to experience. “What drives me is the opportunity to witness how my work holds the potential of enriching the lives of students, educators, government officials, families, and the business leaders I am blessed to work with.”

As one of the best chalk artists in the world, Uppgren credits this unique medium for giving him a different way of looking at life. Using a rare combination of art and wisdom, he is able to bring his fresh perspectives of paradigm shifting thoughts to center stage. Over 1 million people have witnessed this presentation live, and his client list now reads like a who’s who of organizational excellence.

PLUS...

—FREE Health Screenings!

- *Blood Sugar
- *Bone Density
- *Oral Health
- *Hearing
- *Balance / Fall Prevention
- *Blood Pressure
- *Vision
- *Eye Glass Cleanings & Adjustments

Drug Take Back
Bring old prescriptions for proper disposal!

One-on-One Tech Support with your iPhone, iPad, Android or tablet. (Bring your device.)

For more information

701-255-4648

www.BismarckSeniorCenter.org

Cholesterol Screenings: Fasting (\$20)/ Non-Fasting (\$15)!

—Classes!

- *Container Gardening (Take home potted seeds)
- *Simple Salads for Summer
- *Downsizing & Decluttering
- *When Is It Time to Move?
- *10 Warning Signs of Alzheimer’s (presented by ND Dementia Care Services Program)

—Exhibits!

Browse through the exhibit area and learn about the programs and services available to successfully ‘age in place’!

—Box Lunch Available!

Call to reserve—255-4648.

Skip the Hassle of Parking -- Catch the Edgewood Shuttle!

Simply go to the Edgewood facility of your choice, park, and go into the lobby. Relax, enjoy a cup of coffee, and catch the shuttle to the Health & Learning Day! Catch the shuttle back when you are ready to go. **No parking and no long distance walking!** *Sponsored by Edgewood Village, Edgewood Dominion and Edgewood Mandan. Transportation provided by West River Transit.

Edgewood Village	Edgewood Dominion	Edgewood Mandan	Burleigh County Senior Center	Burleigh County Senior Center
3124 Colorado Lane, Bismarck (east of Pebble Creek Golf Course)	3406 Dominion Street, Bismarck (Behind Menards)	2801 39 th Ave SW, Mandan (just off McKenzie Dr)	315 N 20 th Street, Bismarck	315 N 20 th Street, Bismarck
To Senior Center 7:30 am 9:00 am 10:30 am	To Senior Center 7:45 am 9:15 am 10:45 am	To Senior Center 8:15 am 9:45 am 11:15 am	To Edgewood Village / Dominion 8:45 am 10:15 am 2:00 pm 2:30 pm	To Edgewood Mandan 9:30 am 11:00 am 2:00 pm 2:30 pm