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Seniors: learn to keep a healthy, independent lifestyle through local programs and services during Senior Resource Day, Oct. 10

Littleton, Colo. --- Come learn about the wide variety of programs and services Arapahoe County offers and meet your county commissioner during Seniors Resource Day, 9:30 a.m. – 2 p.m., Oct. 10 at the Buck Community Center, 2004 W. Powers Ave., Littleton.

Admission is free to the event, which gives attendees the opportunity to learn about the array of resources available to citizens especially aging adults, all in the ease of one single location.

Presented by the Arapahoe County Council on Aging and sponsored by Arapahoe County, the event will include a panel discussion on the dynamics of aging for the mind, body and spirit.

Arapahoe County's Volunteer Connections Coordinator Val Purser will present *Finding Spirit on the Bright Side of Life*. Other speakers include Andrea Silver on *Laughing Yoga* and Roland Ryan on *Body Health*.

In addition to information on a variety of services available, attendees can take advantage of the free Xpress Shred. Bring your confidential documents to be shredded on the spot. Limit three boxes or garbage bags per person. Also enjoy free food and prize drawings.

"Older residents face many challenges, that's why we are always looking for new and innovative ways to assist seniors in maintaining a healthy, active and independent life," said Arapahoe County Commissioner Susan Beckman, who serves as Board Chairman. "I hope the community takes this opportunity to learn more about Arapahoe County. We will have booths exhibiting a variety of our programs and services including our new prescription drug discount cards, transportation services for seniors, volunteer opportunities, and so much more."

The Arapahoe County Council on Aging is a volunteer organization comprised of interested community members of all ages, service providers, representatives of governmental agencies, and senior organizations whose mission is to identify the needs, concerns and issues of older adults in Arapahoe County and to plan, advise and advocate for services which best meet these needs.

For more information, call 303-797-8787.

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