

Discover your Vermont

Welcome to the Grafton Inn!

Our quintessential Vermont country inn is nestled in the delightful village we call home. We invite you to relax, rejuvenate and relish in discovering your Vermont!

There are plenty of things to do in Grafton. Visit our Grafton Ponds Outdoor Center and explore miles of hiking and biking trails. Explore the village of Grafton filled with galleries, a blacksmith shop, Grafton Village Cheese, and more.

We offer dining in our Phelps Barn Pub and the Old Tavern restaurant.



PO Box 216
Townshend, VT 05353

PLACE
STAMP
HERE

2016 Healthy Aging Conference

November 15 & 16
Grafton, Vermont



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GRAFTON INN
EST 1801
GRAFTON, VERMONT

TAKE CHARGE of your own health, your security, and perhaps even your longevity at the Healthy Aging Conference, presented by various wellness professionals and the staff at Grace Cottage Hospital.

We hope you can join us for what will be an informative and inspiring couple of days in beautiful Grafton, VT.

Conference Schedule:

Day 1: Tuesday, November 15

- 7:30 Yoga/gentle stretch
- 8:30 Continental breakfast
- 9:15 Welcome and introduction
- Keynote Address:** Feeling Good Never Grows Old!
Presented by Dr. Jesper Brickley
- 10:15 Reducing Your Risk of Falls:
Safety Tips for Home
- 10:45 Group Tai Chi for well being
- 11:25 Nutrition Overview: Healthy Eating for Life
- 12:00 – 1:30 Lunch and outdoor activity
- 1:30 Medication Interactions as We Age
- 2:15 Financial Refresher: Strategies, Planning,
Durable Power of Attorney, Goals
- 2:45 Advance Directives Workshop
- 3:15 Fraud Alert Overview
- 4:30 Group mindfulness meditation
- 4:45 Closing remarks/ Adjourn

Day 2: Wednesday, November 16

- 7:45 Yoga/gentle stretch
- 8:30 Continental breakfast
- 9:15 **Keynote Address:** Staging a Graceful Exit
Presented by Dr. Robert Backus
- 9:45 Making Amends: The Power of Forgiveness
- 10:30 The Psychology of Aging Well and
Positive Thinking
- 11:30 Benefits of Shared Housing
- 12:00 Closing remarks/ Adjourn

Wellness Offerings:

There will be opportunities to have individual sessions for:

~ Massage Therapy ~ Reiki ~ Zero Balancing

As well as group programs:

~ Yoga Classes ~ Tai Chi Class

All options are included with registration fee. Sign up for individual treatments, or join a group class. Take advantage of wellness opportunities while you are with us!

Conference Fees:

Sign up by September 1st for a 10% discount!

Tuesday only: \$195 per person (\$175.50)
Both days: \$250 for individual (\$225)
or \$400 per couple (\$360)

**For more information, or to register
by phone, please call 802-365-3696.**

Staying at the Inn?

We welcome you to stay at the historic Grafton Inn, our lodging partner, at the discounted room rate of \$119/night. Please call today to book your stay: 802-843-2248.



Register Today!

To sign up for the Healthy Aging Conference, please send in the following information along with a check for the correct amount.

Name of Participant(s): _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

☐ Tues. only x (no. of people) ____ @ \$195 (\$175.50)

☐ Both days/one person @ \$250 (\$225)

☐ Both days/couple @ \$400 (\$360)

**Discounted rates until 9/1/16 are indicated in blue.*

Personal check, amount enclosed: _____

Or CC #: _____

Exp. date: _____ CSC Code: _____

Send this form with payment to:
Grace Cottage Hospital, PO Box 216,
Townshend, VT 05353. Attn: Betsy Miller