



**Seniors' Council  
Douglas County**  
*Living Well / Aging Well™*

## **DATE:**

Thursday  
March 6, 2025



## **TIME:**

### **Announcements:**

10:00 a.m.

### **Presentation:**

10:15 a.m.

### **Community Conversation:**

11:15 a.m.



## **LOCATION:**

Douglas County  
Libraries in Parker,  
Event Hall A,  
20105 E. Mainstreet,  
Parker, CO 80138

## **The Longevity Lifestyle: Embrace and Nurture It In Your Life**

**presented by Kelly O'Connor,  
VP of Strategic Partnerships and Growth for  
the Society of Certified Senior Advisors (CSA)**

Humans are living longer than ever before and so the longevity industry has emerged and is growing. Based on her work with nearly 2,000 older adults and their families, Kelly, an award winner in the industry, has suggestions and action steps to help older adults live successfully for the long term.



Visit the Seniors' Council page on the Douglas County website, [www.douglas.co.us](http://www.douglas.co.us) and search for "**Seniors' Council**" for the most up-to-date information. Email [DCSeniorLife@douglas.co.us](mailto:DCSeniorLife@douglas.co.us) with any questions or comments.