

# MILFORD HEALTH DEPARTMENT

# Milford Senior Series

This series will be presented by a variety of healthcare experts in the field of geriatrics.



## Healthy Aging

*Independence while Aging*

**August 15, 2024 1-2pm**

Presented by: Dr.Saeeda Qadri and Melissa Hanson, APRN

**Location: Milford Senior Center**  
9 Jepson Dr, Milford, CT 06460

## Healthy Homes

*Injury Prevention*

**September 19, 2024 1-2pm**

Presented by: Jason Bresky, Injury Prevention Coordinator for Bridgeport Hospital

**Location: Milford Public Library**  
57 New Haven Ave, Milford, CT 06460

## The Next Step

*Advanced Care Planning and Hospice*

**October 17, 2024 1-2pm**

Presented by: Marissa Lavin, Palliative Care Nurse Practitioner

**Location: Milford Senior Center**  
9 Jepson Dr, Milford, CT 06460

## Caregiver Support

*Caregiver Distress Programs and Support*

**November 21, 2024 1-2pm**

Presented by: Patricia Soos, Agency on Aging

**Location: Milford Senior Center**  
9 Jepson Dr, Milford, CT 06460

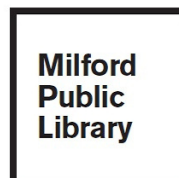
## Staying Connected

*Community-based Services for Older Adults*

**January 16, 2025 1-2pm**

Presented by: Mollie Gadarowski, Agency on Aging

**Location: Milford Public Library**  
57 New Haven Ave, Milford, CT 06460



*This is brought to you in partnership with Milford Health Department, Bridgeport Hospital Milford Campus, Milford Senior Center, Milford Public Library, and Agency on Aging of South Central CT.*

***Working together for a healthier community***