

White Oak Senior Center Presents
**Deliberate Discussions: Brain & Body Health, Total
Wellness w/AARP**

Date : Tuesday, February 28th, 2023

Time : 4pm-5:15pm

Location of Event: Virtual via Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/86428621491>

Meeting ID: 864 2862 1491

Description of Talk: Successful aging is built on several pillars: mental, intellectual, physical, spiritual, social and emotional wellness. To achieve a sense of wellbeing, an ability to adjust to age-appropriate transitions and a tranquility of mind, it is important to explore all of these

Presenter: Ms Sheri L. Streeter, BSTM, MSNPM

Brief Bio of Presenter: Sheri L. Streeter has been the featured speaker at various educational, faith-based, and community events. Upon retirement in 2009 from the Federal Government, as a Senior Executive, Ms Streeter began volunteering with AARP in 2010 and is a Lead Volunteer and spokesperson for AARP Maryland and the AARP Capitol Hill Strike Force in Washington DC where she advocates before State officials and members of Congress for legislation that supports issues favorable to citizens over the age of 50. A native Texan with a master's degree in Nonprofit Management, she works with local nonprofits on issues related to mental health, aging victoriously, and affordable housing. She is the Editor of ***The Herald***, a quarterly publication, is active with the public school system, and is currently helping to author two books on resilience in relationships.

Please register by sending an email to
teanna.abraham@montgomerycountymd.gov to reserve your spot!

Hosted by The White Oak Senior Center
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