

Healthy Aging for Your Brain: Strategies for Women in Recovery

Saturday, May 17, 2025



To Register
scan:



or click:

<http://bit.ly/3Y0Ybqn>

Following a 12-Step Recovery plan usually has three tenets: stop using your drug of choice, go to meetings, and get a sponsor. As we age however, we need to expand our skill set to deal with the risks of chronic disease and dementia. It's time for Recovery programs to incorporate a wider lens to help women understand better how to take care of our bodies and our brains.

This FREE virtual education experience for women in recovery will explain the "Wheels Of Health" while focusing specifically on nutrition, exercise, sleep, and stress management. By incorporating these healthy strategies into recovery plans and aligning with others doing the same, women can improve their own health while they reimagine the future of 12-Step Recovery for generations of women to follow.

Schedule

8:30am	Welcome & Housekeeping Carol D'Agostino, LCSW, MA, CASAC (Ret.)
8:35am	Opening Remarks Angelia Smith-Wilson, EdD, FOR-NY
8:45am	Healthy Habits Thera Blasio & Andrea Foote, Alzheimer's Association
9:05am	KEYNOTE Wellness in 8 Dimensions Sandra Marnell, RN, RCP-F
10:20am	Break
10:30am	Exercise Pillar Kara Izzo, ROCoverly Fitness
11:00am	Wellness Interlude Theresa Knorr, CARC RCP-F Tai Chi 4 Recovery
11:15am	Nutrition Pillar Susan Friedman, MD, URM
11:45am	Break
11:55am	Sleep Pillar Sullafa Kadura, MD, URM
12:25pm	Wellness Interlude Monica Jarzyna, Yoga of 12-Step Recovery
12:40pm	Stress Management Pillar Deborah Ross, LPC, Center for Therapeutic Writing
1:25pm	Closing Remarks

Sponsors



Lifespan of Greater Rochester



University of Rochester Aging Institute (URAI)



Alzheimer's Association – Rochester/Finger Lakes Chapter



Friends of Recovery - New York
(FOR-NY)

Continuing Education Credits (PENDING) – 3.75 CASAC/CP/CPS renewal credits from OASAS EPT#1202 – Friends of Recovery - NY. No partial credit, full attendance required.

Professional Development Credits (PENDING) – 3.75 CARC/CRPA recertification credits – New York Certification Board (NYCB) trainer registry member. No partial credit, full attendance required.

Questions? Contact caroldagostino527@gmail.com