

Spring Mill Pointe is a thoughtful blend of traditional stone architecture, modern amenities and engaging culture. This inviting Lafayette Hill community for people 62 and better offers a range of living environments, including independent living, personal care and memory care.

[Find out more at SpringMillRSVP.com.](http://SpringMillRSVP.com)



Spring Mill Pointe is owned and managed by a nonprofit affiliate of HumanGood, a nonprofit public benefit corporation serving older adults since 1949.

Spring Mill Pointe

a human good community

WHERE YOU FIT.

2002 Joshua Road
Lafayette Hill, PA 19444

SPEAKER SERIES

mind | body | spirit

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SPEAKER SERIES

mind | body | spirit

Spring Mill Pointe | Lafayette Hill

mind 

WEDNESDAY, APRIL 14 | 6 P.M.

Enhancing Memory & Improving Brain Health

body 

THURSDAY, APRIL 22 | 6 P.M.

Ageing Well: Stay Healthy, Feel Your Best

spirit 

TUESDAY, APRIL 27 | 2 P.M.

The Emotional Side of Downsizing





The biggest area of concern that many families fear is dementia. In this enlightening talk, **Kim Bernardi, LCSW** is going to share how to recognize early signs of possible dementia and how to adapt lifestyle in order to keep the brain sharp and active.



Kim
Bernardi,
LCSW



What does the body need to thrive throughout your life? Rated amongst the top doctors in 2020 by *Philadelphia Magazine*, **Todd Aaron, M.D.** specializes in Internal Medicine and is affiliated with Chestnut Hill Hospital. Dr. Aaron will focus on healthy habits that work.



Todd
Aaron,
M.D.



When it comes time to make the move, decisions about possessions become fraught. **Marlene Stocks** is the owner and president of Senior Transition Services in Montgomery County, and has helpful, peace-giving tips for how to approach gentle downsizing.



Marlene
Stocks

JOIN US FOR OUR SPEAKER SERIES

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Marlene Stocks

Refreshments will be served.

Safety precautions and social distancing will be in place.

Spring Mill Pointe | 2002 Joshua Road | Lafayette Hill

RSVP today for yourself and a guest by calling **(610) 553-6151**
or visiting SpringMillRSVP.com.