



# "Catch the Wave,"

*Can I change my career?*

## Mid-Life: Crisis or Opportunity?



Ventura County Area Agency on Aging (VCAAA)  
in Collaboration with AARP are inviting  
Individuals aged 40-60 to free  
informational seminars.



*Questions about your future?*

**Date:** Saturday, July 19, 2008  
**Time:** 9:00 a.m. - 12:00 (noon)  
**Where:** Technology Development Center  
5200 Valentine Road  
Ventura, CA 93003

### RESERVATIONS NEEDED

For reservations & more information:  
mention the "Boomer Event"  
VCAAA: (805) 477-7300

### Five Free Seminars:

*Health Insurance,  
Job Changes,  
Caring for an Aging Parent,  
Lifestyle Changes &  
Financial Planning for Retirement*

*Can I afford to retire at 55?*

*How can I care for  
Mom & Dad?*

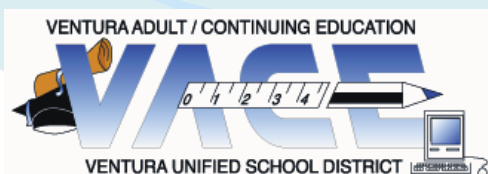
### Free Continental Breakfast!

**Over 30 Exhibitors**  
A variety of exhibitors & experts in  
the field of aging well &  
having a healthy lifestyle.

Sponsors:



Along with Eldercare Directory



\* no commercial products or services will be sold.  
Meeting space provided by the Ventura Adult and  
Continuing Education at the Technology Development Center

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