

Jewish Family Service of Tidewater

and

TOWNE BANK

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PRESENT THE 5TH ANNUAL

## WEEK OF HEALTHY LIVING

MAY 3 – MAY 8, 2009

PROGRAM IS FREE AND OPEN TO THE PUBLIC  
Pre-Registration Required. Call JFS 321-2222.

Supported By the Copeland/Klebanoff  
Families & Jaffe Philanthropic Fund

Held on The Reba and Sam  
Sandler Family Campus of the  
Tidewater Jewish Community,  
5000 Corporate Woods Drive,  
Virginia Beach

\*Transportation is available in the  
Norfolk and Virginia Beach areas. To  
arrange transportation, call Duane  
Aikman at 321.2241.



## MONDAY, MAY 4, 10:00 AM – 1:30 PM A CAREGIVER'S PERSPECTIVE

Sponsored by The Lori & Michael Glasser Family

Exhibitor Fair 10:00 am - 11:00 am and following presentation

- Alzheimer's Association  
Southeastern Virginia Chapter
- Caren Ashburn, Massage Therapist
- Atlantic Elevators
- Bayside Special Services Library
- Bayview Pharmacy
- Coastal Catering
- City of Virginia Beach, Senior Adult Services
- Glennan Center
- Healthwatch
- JCC Senior Club
- Jewish Family Service of Tidewater
- Lee's Friends
- M. E. Cox Center for Elder Day Care Program
- Mobility Center of VA
- Rosenblum Plastic Surgery
- The Simon Family JCC
- Susan G. Komen for the Cure
- Virginia Assistive Technology System
- Virginia Beach Police Department, Crime Prevention
- Virginia State Corporation Commission,  
Life and Health Program

### PRESENTATION 11:00 AM – 12:30 PM

(Light refreshments to be served)

#### Featured Speaker:

**Jai Pausch, Wife of "The Last Lecture" Author,  
Professor Randy Pausch**

The world watched as Professor Randy Pausch shared his thoughts and feelings in the face of a terminal cancer diagnosis. Very much in the forefront of his mind was the impact of his condition on the family he adored. Jai Pausch, his wife, will continue his effort to create a legacy with a thoughtful presentation about her role as a supportive and loving caregiver. The dramatic effect this had on her life and "lessons learned" will surely touch us and speak to the issues faced by all family caregivers.

