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Senior Symposium 'Aging by Design' Set for Aug. 6

By Cathy Tyson

Now in its eighth year, the senior symposium, "Aging by Design," is back with valuable information for seniors in Lamorinda.

Sponsored by the Lafayette Community Foundation, the event will feature special guest speakers, include Dr. Sandra Karpenko, director of palliative care at John Muir Hospital, who will discuss "Love, Death and All That Matters." Other presenters will focus on laughter yoga and hearing loss issues.

The free event will be held from 8:30 a.m. to noon Saturday, Aug. 6 at Lafayette Elementary School, 950 Moraga Road. Organizers ask that people register for the free event. Register via the Lafayette Community Foundation website at www.lafayettecf.org or by phone at (925) 284-8214. Those who do have a chance to win a \$100 gift certificate at Diablo Foods.

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