

Little People of America
Trifecta 2015

Successful Aging for LP's

Saturday 9:30-10:30 am
Arizona Ballroom F

***Growing older is inevitable
but aging with grace and ease is a choice!***

This session is an open discussion on aging of LP Men and Women.

Topics such as diet, exercise, health issues and concerns will be addressed as well as physical, emotional, and mental states.

This is an informal discussion where we can all share each other's ideas and suggestions.

Facilitator –

Angie Giuffre has been involved with LPA for almost 27 years. She is an avid Bay Area baseball and football fan - A's, Giants, 49'ers, and Raiders. She loves spending time with her 2 amazing sons, Michael and Chris. Angie has a BA in Communications from the University of the Pacific, and is the Community Events Manager with the American Cancer Society. In her spare time she loves going to the gym as well as taking long walks out in nature and riding her bike.

Angie with sons Michael & Chris

