



Information for those who have registered for Vital Aging 2019 and will attend at the California Center for the Arts, Escondido:

We at the County of San Diego Health and Human Services Agency, Aging & Independence Services (AIS) and the North County Action Network (NorCAN), are excited that you have registered for Vital Aging 2019: Live Well to Age Well! We look forward to seeing you on Wednesday, June 19, 2019, at the **California Center for the Arts Escondido (340 North Escondido Boulevard, Escondido, 92025)**. Check-in starts at 8 a.m. in front of the conference center. Our program begins promptly at 9:00 a.m. Please plan to eat breakfast in advance and bring a snack if you wish. Coffee and bottled water will be available. We recommend you wear comfortable clothes and shoes, especially if you would like to participate in a Feeling Fit Club workshop.

PROGRAM OVERVIEW:

- **Exhibitor tables:** Open all day starting at 8 a.m.
- **Workshops:** Workshops will take place from 9:00 – 10:00 a.m.; and 10:15 – 11:15 a.m. During each time slot, you will be able to choose from different presentations/activities, on a variety of topics including fitness, brain health, caregiver wellbeing, pet therapy, and more. You may also visit the exhibitors.
- **Lunch:** Begins at 11:30 a.m.
- **Keynote presentation:** The webcast of our keynote program, featuring Marilu Henner, will begin at 12:15 p.m.
- **Opportunity Drawing:** For a chance to win a prize at the end of the day, please turn in your completed “Comment Card” with one of the attached tickets to the volunteers (keep the second ticket). Prizes will be announced after the Keynote Program concludes. You must be present to win.

See the next page for directions to the California Center for the Arts, Escondido. When you arrive, look for the event volunteers in blue T-shirts!

Thank you and we look forward to seeing you at Vital Aging 2019!



Directions to Vital Aging 2019 - North Conference

California Center for the Arts, Escondido
340 N. Escondido Blvd., Escondido 92025

From Interstate 15

Exit Valley Parkway and Turn Right
Turn Left on to Escondido Blvd
The Center 2.5 Blocks on the Right

From Coastal North County

Take Highway 78 East
Take I-15 South and Exit at Valley Parkway and Turn Left
Turn Left on to Escondido Blvd
The Center 2.5 Blocks Down on the Right

Parking

Parking is located in the north lot off of Escondido Blvd., adjacent to the Concert Hall. There is no charge. It is a short 3-5 minute walk from the parking lot to the conference center entry.

Accessibility Friendly Unloading Zone

In front of the center, there is a small driveway round about, where guests can be dropped off as needed. Vehicles cannot stay more than 3-5 minutes and will need to be parked in the parking lot noted above once unloaded.