



Media Advisory – Sept. 5, 2008

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County panel offers health advice to seniors

On Wednesday, Sept. 24, the Snohomish County Office of Long Term Care & Aging will conduct a panel on dental healthcare titled “32 Reasons to Smile: Oral Health As You Age.”

From 10:30 a.m. to noon, at the Monte Cristo Hotel Ballroom, 1507 Wall Street, Everett, the panel will discuss oral health and aging from different perspectives. Dr. Ross Haddow, DDS, will provide practical tips about maintaining oral health as an older adult. Martha Peppones, MS, RD, CD, and director of Nutrition Programs for Senior Services of Snohomish County, will discuss the link between nutrition, oral health and overall health. In addition, Robert Quirk, director of Information & Assistance for Senior Services of Snohomish County, will share information on accessing dental care.

The panel discussion is free of charge and run in partnership with The Everett Clinic and the Snohomish County Council on Aging. Registrations to reserve a space are requested. For more information or to register, contact Joyce Frasu at 425-388-7377 or j.frasu@snoco.org.

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