



Faith & Health to be Highlighted at Concordia's 2011 Senior Fest

IRVINE, CA—As undergraduate students return from Christmas break, seniors of a different age will also be on campus to learn some vital life lessons. Under the theme of “Living Well in Christ at any Pace—Laughter, Joy, Tears, Transition and Celebration,” this year’s Senior Fest promises to be a day that focuses on healthy insights on faith, as well as physical and emotional well being for mature adults.

Event: 2011 Senior Fest

When: Tuesday, January 11, 2011, 9:00 am to 3:30 pm

Where: DeNault Auditorium, Concordia University Irvine, 1530 Concordia West, Irvine, CA 92612

Cost: \$25 per person, which includes lunch

Questions: Please contact Mary Sipes at 949-214-3180 or mary.sipes@cu.edu

Registration: visit www.cui.edu/giving/events or call Wendy Leivan at 949 214-3186

[Dr. Dick Hardel](#) of [FaithWellMT](#) will be the keynote speaker. During his talk, he will point out that “living well in Christ is directly connected to faith formation and passing on the faith. People who are not well cannot praise God, nurture faith in others, nor pass on the faith.” Dr. Hardel will be joined by several other speakers who will be conducting workshops on the following topics:

- Practical Ways to Keep Hope Alive for Caregivers and Care Receivers
- Alzheimer’s Warning Signs and Maintaining Mental Capacity
- Panel Discussion on the Challenges of Grand Parenting
- Steps to Staying Healthy as a Senior: Healthy Body, Beautiful Spirit
- Computer 101 and 201 – Internet, Email, Downloading Photos
- Nature Walk on the Concordia University campus led by Irvine Naturalist

Along with this host of speakers, there will be music by worship leaders Dave and Barb Anderson. This year’s Senior Fest is being sponsored [ALOA](#) (Association of Lutheran Older Adults) and [Thrivent Financial for Lutherans](#).

A member of the Concordia University system of The Lutheran Church–Missouri Synod, [Concordia University Irvine](#), guided by the Great Commission of Christ Jesus and the Lutheran Confessions, empowers students through the liberal arts and professional studies for lives of learning, service, and leadership.

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