



For Immediate Release:
September 5, 2015

“Senior Wellness Expo” provides Lakeway-area seniors with valuable information on health and happiness

Austin Senior Resource Alliance to host a senior wellness expo

(Austin, Texas) - According to a 2010 Census study, the “baby boomer” generation is now the fastest growing in the United States. This important segment of the population is living in the 21st century, an ever changing world with myriad advancements in health, lifestyle, and care, but to stay abreast of all of this information is a daunting job for these mostly retired seniors.

That is why local real estate agent Cyndi Cummings of Keller Williams Realty - Lakeway and founder of the Austin Senior Resource Alliance announces the 2015 “Senior Wellness Expo.” The Expo is hosted by the Austin Senior Resource Alliance and sponsored by Lakeway Regional Medical Center. The Expo will give seniors and their families the opportunity to learn more about services and advancements that can make their lives easier and their bodies and minds healthier. The Expo will feature businesses and non-profits from the Austin area which serve the specific needs of the senior population as well as representatives from senior living communities. There will be door prizes and raffle drawings as well as free health screenings and Flu Shots. Admission is free.

Throughout the day speakers will be informing attendees on different facets of a healthy senior lifestyle and concluding with featured speaker, Darryl Camp, MD, LRMC Medical Director, Stroke Program, talking about strokes. Dr. Darryl Camp is Board Certified in Neurology and Vascular Neurology. Dr. Camp trained at UT health science center in San Antonio where he did medical school and resident. Dr. Camp was the stroke Director for the Seton Hospital System where he helped develop the first Joint Commission designated stroke centers in the state of Texas. Dr. Camp has been involved in numerous NIH-funded, and industry sponsored stroke trials where he has served as principle investigator. He established the first Neurology Residency in Austin Texas and served as Program Director. Dr. Camp founded US Telehealth, a company that provides remote medical care through telemedicine technologies. Dr. Camp will be joining LRMC where he hopes to help establish a premier stroke program for the region.

Many other speakers will present on topics that are especially important to the baby boomer population such as:

John Levy, P.C.	"Probate is voluntary and easy to avoid"
Craig Kuhns, MD	"Neck and Back pain"
Cathleen Grant	" From Here to (in)Sanity, How to leverage your generations to care for each other".
Cyndi Cummings, CSA	"What 5 things make your home a Healthy Home"
Thomas Baldacchino, MD	"Hypertension"
Mark Carlson, MD	"Nine Steps to Successful Aging"
Carl Laurysen, MD	"What's New in the Treatment of Spinal Disorders, Stem Cells, Minimally Invasive, and Motion Preservation"
Lorna Allen, MBA	"How to manage a health crisis situation before it happens?"
Virgina Sampson	"Having Financial Health by preparing with the right components"
Darryl Camp, MD	"Stroke"

The Senior Health Expo will be held from 12 noon to 4 PM on Tuesday, October 6, 2015 at the Lakeway Activity Center, 105 Cross Creek, Lakeway, TX, 78734.

For Further Information Contact:

Cyndi Cummings
512.423.6782
info@austinseniorresourcealliance.com
www.seniorwellnessexpo.com

###