



11900 Taylor Drive
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PRESS RELEASE

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FOR IMMEDIATE RELEASE
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LA POSADA INVITES PUBLIC TO INFORMATIVE AND CAPTIVATING WELLNESS SPEAKER SERIES

PALM BEACH GARDENS, Fla. November 21, 2018 – La Posada, a Kisco Senior Living community, is excited to invite its residents and members of the public to participate in a new educational program. The Wellness Speaker Series features special guests who will discuss important senior-related topics. La Posada is passionate about being a resource to seniors in the surrounding community, as well as to residents who call La Posada home. The first speaker is Scott Greenberg, CEO of ComForcare Senior Services, a private-duty, non-medical home health care agency serving Palm Beach, Martin, St. Lucie and Indian River counties. Host of the radio show “Oh My God, I’m Getting Older and So Is My Mom” and author of the book by the same name, Greenberg seeks to empower seniors by sharing his knowledge in an entertaining and educational format. He will deliver a presentation highlighting many topics found in his book on **November 28 at 2:00 p.m.** at La Posada (11900 Taylor Drive in Palm Beach Gardens). The presentation will be followed by a Q&A session.

“We are thrilled to welcome Scott to our community later this month because we believe attendees will find his presentation both amusing and insightful,” said Brad Cadriere, executive director of La Posada. “It is not easy to discuss some of the topics that pertain to aging, but Greenberg does a delightful job presenting sometimes challenging topics with a comical twist. We are excited to open our doors to the public to share this opportunity with them as well.”

Some of the subjects are difficult to talk about, so he delivers practical information in a humorous light. Greenberg resides in Jupiter and dedicates his time to helping, educating and preparing seniors – both boomers and their parents – for the possible challenges and difficulties that often accompany aging.

La Posada requests that members of the public RSVP if they wish to attend. You can RSVP by contacting Michelle Cassels, community sales coordinator for La Posada, at (561) 459-5181 or emailing her at michelle.cassels@kiscosl.com.



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If you are interested in covering this story or setting up an interview with a resident or team member, please contact Lauren Witt via phone at 214-378-7970 ext. 306 or email at lwitt@thepointgroup.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@thepointgroup.com.

ABOUT LA POSADA

La Posada is a resort-style life care community located in the heart of Palm Beach Gardens, Florida. The continuing care retirement community features luxurious independent living apartments, independent living cottages, as well as assisted living apartments, memory care suites, private rooms for short-term rehabilitation and skilled nursing, all nestled within 22 prime acres of sparkling lakes and lavish courtyards. Providing a variety of amenities, residents enjoy chef-prepared meals, concierge services, state-of-the-art wellness programs, transportation services, and intellectually stimulating events and activities.

As a Kisco Senior Living community, The Art of Living Well® philosophy is in every aspect of community life. Unique social and wellness opportunities strengthen the mind, body and spirit.

For more information, call 561-232-6700 or go to mylaposada.com.

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Photos Courtesy of La Posada