

Here's to Your Health!



**5th Annual TABCO-RETIRED FALL FORUM
& member meeting— a benefit of your membership!**
THURSDAY, NOVEMBER 7, 2019 at the new TABCO
Headquarters, 1220 E. Joppa Rd., Towson MD 21286*

Registration 8:45 to 9:15 a.m. (you may bring a guest at a nominal fee of \$5; see below)

- 🍎 Morning pastries & beverages; music by retired teachers *Stonehaven Road*
- 🍎 Annual Book Exchange (bring ones you don't want anymore; take "new" ones)
- 🍎 Keynote Speaker Laurie Ellington: *"How to Keep Your Brain Fit: The Neuroscience of Staying Connected and Engaged After Retirement."*
- 🍎 Meet new TABCO President Cindy Sexton
- 🍎 Information about wellness opportunities from representatives of Baltimore County Department of Aging, Cigna, and Kaiser Permanente, and financial health from Integrated Financial Solutions
- 🍎 Member Meeting
- 🍎 Door Prizes & Lunch at 12:30



*TABCO is located in the Radio Park office complex on Joppa Road and is directly behind Glory Days Grill. Enter the parking lot and drive past Glory Days on the left. You will see construction in this area. Go to the end, then turn left and you will see the TABCO office on the corner (there is a sign). The lot directly next to TABCO may be full, but there is a multi-level parking area behind that lot. A committee member will be available to shuttle those who may have difficulty walking to the TABCO office.

Registration is required for this event.

RSVP in one of these ways, no later than Tuesday, October 29.

1. Detach, complete & mail this form to TABCO, 1220-C East Joppa Rd., Suite 514, Towson, MD 21286
OR
2. Email Stacie Strickland sstrickland@mseanea.org with your information.

YES! I will attend the Thursday, November 7, 2019 TABCO-R FALL FORUM!

FIRST NAME _____ LAST NAME _____

HOME ADDRESS _____

EMAIL ADDRESS _____

PHONE _____

The event, morning snack and lunch are provided to TABCO-R MEMBERS at no cost. Members may bring a guest at a nominal fee of \$5.00. Please mail a check made payable to TABCO, or if responding by email, please pay for the guest at registration.

Name of guest: _____

NOTE: TABCO retirees of the school year 2018-2019 are invited to attend as our guests, at no charge.

Questions may be directed to the TABCO-R Committee chairperson, Angie Leitzer, by email: bookends68@comcast.net