

# Agenda

8:30 am	Registration
9:00-11:00 am	Learning Circles
11:30-1:30 pm	Vendor Showcase
12:15 pm	Welcome
12:30-1:30 pm	Lunch Buffet

## Milwaukee Area Activity Professionals

is an organization dedicated to promoting professionalism of Activity Professionals through education and networking. Since its inception in 1974, MAAP has grown because of genuine concerns for the quality of life for the people we serve.

### Featuring:

Roast Beef in Cabernet Mushroom Sauce  
Boneless Herb Chicken Breast  
Tossed Salad w/choice of dressing  
Chef's Choice Vegetables  
Roasted Red Potatoes  
Dessert  
Coffee or Iced Tea

\*If special diet is required, please contact hotel.

Join us today!  
[WWW.THEMAAP.ORG](http://WWW.THEMAAP.ORG)

1:30-3:30 pm Keynote Speaker:  
**HEDY DUGGAN**  
*Ageless Grace*

3:30 pm Questions & Closing

### MAAP Officers

Anne Luther—President  
Pa Der Lor—Vice President  
Meghan Davis—Secretary  
Karen Patnode—Treasurer  
Mary Ellen O'Connell-WRAP Representative

### Registrants may attend:

1. Breakfast and Learning Circle
2. Learning Circle and Lunch Buffet
3. Lunch Buffet and Keynote Speaker
4. The Full Day

Please see/use enclosed registration forms.

### NAP Day Committee

Louise Connerton\* ph. 414.744.4663  
Patti Utesch\* ph. 414.570.5407  
e-mail: [pattiutesch@catholichealth.net](mailto:pattiutesch@catholichealth.net)  
\* Committee Co-Chairperson

Terri Bartlett, Laurie Fischer, Sarah Hubertz, Marisa Kazmerchek, Jeanine Kowolski, Mary Ellen O'Connell, Karen Patnode, Kathi Roberts, Kimberly Rosenau, Katie Rutz, Jean Tillman, Zeliborka Topic and Vanessa Wade-Jarrett.

NAP DAY  
2016



JANUARY 22,  
2016

The Radisson Hotel  
Milwaukee – West  
2303 North Mayfair Road  
Milwaukee, Wisconsin

*National  
Activity Professionals Day  
presented by MAAP*



Timeless Fitness for the Body & Mind



HEDY DUGGAN

## 21 SIMPLE TOOLS FOR LIFELONG COMFORT AND EASE

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

Created by Denise Medved, the program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

Please visit [www.Agelessgrace.com](http://www.Agelessgrace.com) for more information.

*\*The speaker will have Ageless Grace materials on hand for purchase.*

Hedy's career began in the financial services industry as an analyst with JP Morgan Chase. From there she co-founded a technology company in the early 1990's to assist organizations in the early stages of computer networking, which she later sold. Moving on to the corporate world with Cable & Wireless and then OfficeMax Hedy developed and implemented affinity savings programs helping clients to increase revenues. Since 2008 she has been working with Continuous Care Retirement Centers (CCRC'S), skilled nursing and rehab centers and other healthcare organizations to optimize their operating margins while maintaining quality in all their services. It was in this role 2 years ago, along with the challenges of one of her granddaughters that Hedy became interested and trained in Ageless Grace. She currently leads Ageless Grace classes at hospitals, health clubs, senior centers, recreations centers, libraries and for Individuals.

Majored in Business Communications at The College of St Catherine, St. Paul, Minnesota.

Member of the Board of Directors of the International Health & Fitness Association for 6 years.

Certified Ageless Grace Educator, Trainer and Presenter

Certified Dementia Practitioner

American Cancer Society volunteer - Road to Recovery Program

Member of LeadingAge of Wisconsin and Illinois

Member of the Illinois Continuity of Care Association

Hedy lives in a suburb north of Chicago with her husband and rescue-dog, has 3 daughters, 2 stepsons and 6 grandchildren.