

## keynote speaker

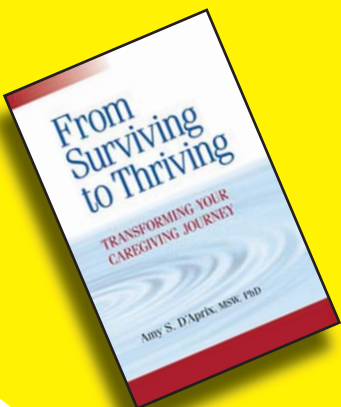
### Amy D'Aprix, MSW, PhD, CPCA

Of "Dr. Amy Caregiver Wellness, From Surviving to Thriving"

Dr. Amy D'Aprix is a life transition consultant, author, professional speaker, facilitator, coach and expert in aging, caregiving, and retirement. She is president of Dr. Amy Inc. and Essential Conversations Inc. Her focus on providing service for older adults and their caregivers started at the State University of New York at Albany, where she concentrated on Aging Studies in both her BS and MSW programs. During her doctoral program at Case Western Reserve University in Cleveland Ohio, Dr. D'Aprix received a Doctoral Fellowship from the Mandel Alzheimer's Caregiving Institute. In

addition to her university degrees Dr. D'Aprix also holds the designation of Certified Senior Advisor and is currently on the International Faculty for the Society of Certified Senior Advisors and the Canadian Academy of Senior Advisors. Her warm and engaging style has resulted in clients and caregivers across North America affectionately referring to her as "Dr. Amy." She has also authored two books and many articles and is a frequent guest on radio and television.

Dr. Amy is a director on the Board of the International Federation on Ageing and sits on the Medical Advisory Board for Humana Active Outlook, a division of Humana, Inc.



## closing session

### Anne Bryan Smollin, csj

Sister of St. Joseph Anne Bryan Smollin is an internationally recognized psychologist and exceptional lecturer on wellness and spirituality. She injects humor into each of her lectures which is not only entertaining, but also serves as a great basis for discussing wellness, aging, spirituality and stress. Her unique quips gently challenge audiences to find a way to laugh each and every day. Smollin often cites laughter as one of the greatest ways to happiness and as important as eating and breathing. She has authored several books including *Tickle Your Soul, Live, Laugh and Be Blessed*, and *God Knows You're Stressed* which exemplify each one of her messages. Each of these books gives a distinctive perspective on how to create small, positive moments in each of our lives. Smollin is currently serving as the executive director of the Counseling for Laity center in Albany, which offers guidance for married couples, families, adults, and adolescents.

