



**Join Us for a Free Breakfast & Seminar**

## **The Blueprint for Building a Healthy Life**

**Meet and Hear from Tom Davie  
Motivational Speaker for Seniors**

**At Alderman Oaks Retirement Residence  
Saturday, May 15, 2010  
9:00 AM to 11:00 AM**



### **Tom's Topics Include:**

- ▣ **The Plan - Creating the Blueprint**
- ▣ **Materials - Vital Elements to Develop The Plan**
- ▣ **Power - Sources of Energy**
- ▣ **Tools - Devices and Techniques**
- ▣ **Finances - Finding the Resources**
- ▣ **Outcomes - Achieving The Plan**

**Tom Davie** has had a successful 30-year career in Sales, Training, and Motivational Speaking. He is currently the **Community Outreach Public Speaker** for **First Step of Sarasota**. Tom's programs are made possible through a federally-funded grant for seniors. He typically presents his programs at area Retirement Communities, Hospital Groups, Senior Friendship Centers, and Churches. Tom's folksy, down-home personal speaking style puts people at ease immediately, and allows the audience to learn in a fun, interesting, and emotionally comfortable setting. His personal trademark states – "If you want things to be different...YOU have to do things ... *DIFFERENTLY!*" For more information about **First Step of Sarasota** go to **[www.fsos.org](http://www.fsos.org)**.

**For more information, or to Register for the Free Breakfast & Seminar...  
Call Theresa at (941) 955-9099 or Go Online to [www.aldermanoaks.com](http://www.aldermanoaks.com)**

**Alderman Oaks Retirement Residence, Inc.  
727 Hudson Avenue ■ Sarasota, FL 34236  
*In the Heart of Downtown Sarasota***

**[www.AldermanOaks.com](http://www.AldermanOaks.com)**