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**ENDING SOCIAL ISOLATION & LONELINESS AMONG SENIORS**

**DR. RICHARD LUKER**

social psychologist & author of  
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+

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**HEIDI GODMAN**

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2ND ANNUAL LUNCHEON

# COME RIDE WITH US!

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## PROGRAM

Welcome .....	Heidi Godman
ITN SunCoast Update .....	Arthur Lerman
Ending Social Isolation & Loneliness .....	Dr. Rich Luker
Faces of ITN SunCoast .....	Heidi Godman
Report from ITN Board .....	Suzy Prymmer
Closing Remarks .....	Heidi Godman

# ABOUT OUR SPEAKERS

**Dr. Richard Luker**, a social psychologist and researcher, has been studying American life for more than 25 years, most notably regarding trends in positive aging and vitality. He is best known for his creation of the ESPN Sports Poll in 1994. His research on American community resulted in the book “Simple Community,” which reveals how important community is in keeping older adults engaged and feeling vital. Dr. Luker’s research has been featured in national publications including The Wall Street Journal, New York Times, and USA Today and he has appeared on national news programs on ABC, FOX, ESPN, and NPR. He has been a Florida Council on Aging conference keynote speaker and was featured with Jane Pauley in AARP’s Life Reimagined launch video.

**Heidi Godman** is the executive editor of the Harvard Health Letter, the monthly subscription periodical from Harvard Medical School. She is also the host of “Health Check with Heidi Godman,” a daily health talk show on WSRQ 106.9 FM and 1220 AM ([sarasotatalkradio.com](http://sarasotatalkradio.com)), and she is a freelance writer for many web and print platforms.

**Arthur Lerman** is the Executive Director of ITN SunCoast.

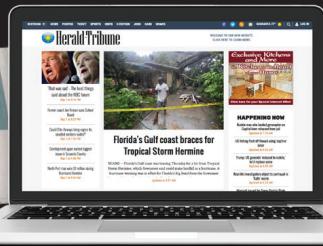
**Suzy Prymmer** is the Chair of the ITN SunCoast Board of Directors and the Executive Director of Suvannah Grand Assisted Living Facility.

## About ITN SunCoast

ITNSunCoast, a local non-profit organization, provides rides to people age 60+ and adults of any age with vision impairments. Our mission is to help individuals maintain their independence and live joyful and meaningful lives by offering a convenient, comfortable and affordable transportation option when driving a car is not sensible or safe. Rides are available for any reason, 7 days a week, at any time day or night, to anywhere within Sarasota and Manatee Counties.

To become a volunteer driver or a member of the Board of Directors, contact ITN SunCoast at 941-364-7530 or info@itnsuncoast.org.

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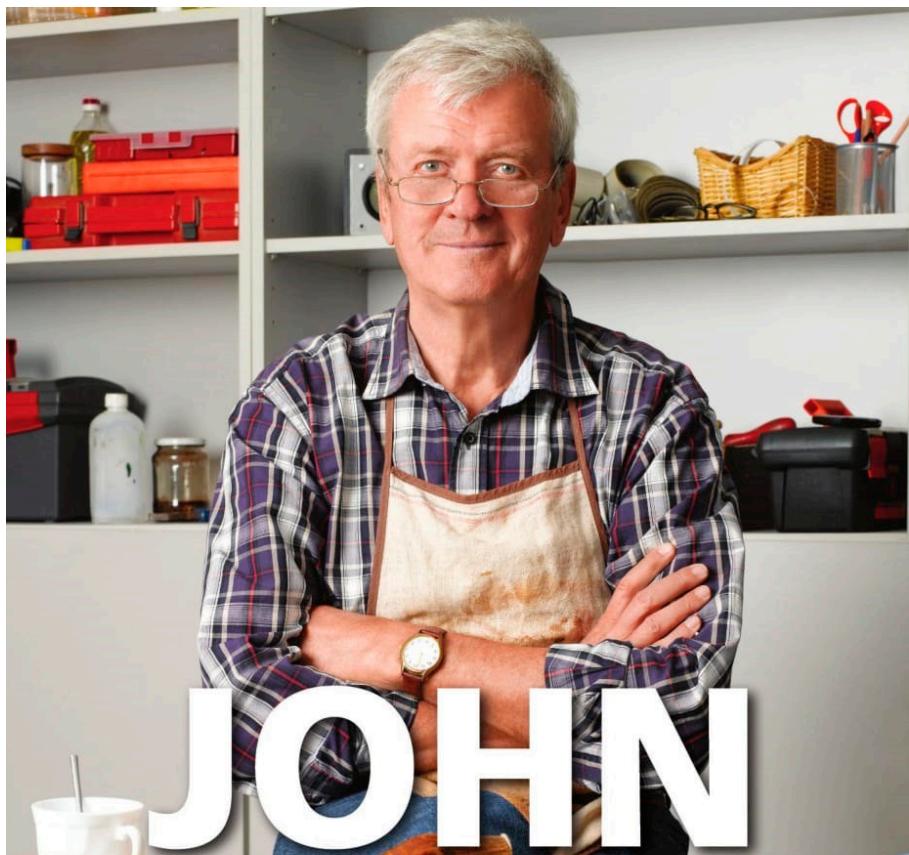
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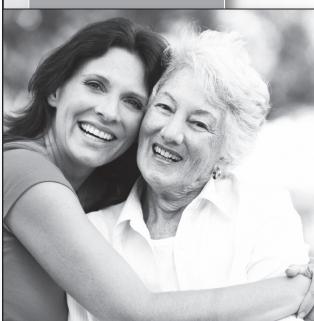
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