

## **UGRA Fall Forum**

November 19, 2025 1:30 pm via Zoom

- 1:30 PM Mix and Mingle, Zoom opens
- 2:00 PM Welcome and Opening Remarks: UGRA President Clarence Swanton
- 2:05 PM Greetings from the University:
  - Jana Miller, Associate Director, Alumni Affairs and Development
- 2:10 PM Dr. Alejandro Marangoni Exercise and Diet for Healthy Aging

  Speaker Introduction- Owen Roberts

  Note Taker Rich Moccia
- 2:50 PM United Way Update Julie Hutchins and Crystle Avery
- 3:00 PM BREAK (refreshments provided)
- 3:10 PM UGRA Adventure Tours Vikki Tremblay
- 3:15 PM Margaret McLeod Pensions, Benefits & Travel Insurance

  Speaker Introduction- Clarence Swanton

  Note Taker Rich Moccia
- 3:55 PM Speaker Thanks and Gifts- Alan Sullivan
- 4:00 PM Closing Remarks Clarence Swanton