

# Aging with Attitude Regional Expo

A one-day expo providing inspiration, answers to questions, and information to make the most of life!

9 a.m. to 3:30 p.m. Friday, April 27, 2018  
St. John's Parish Center  
315 South Street, Iola, Kansas



**Keynote Speaker:**

**Erin Yelland**

Assistant Professor and  
Extension Specialist  
Kansas State University

*So Now What? Picking Up the  
Pieces in Later Life*

- Have the Talk of a Lifetime
- Easy Meals for Two or Just for You
- Living with Less
- Veterans' Benefits
- Feeding Your Eyes — What you eat matters!
- Stay Strong Stay Healthy
- Caregiver Survival
- Intimacy in Later Life
- How to Spend a Day or Two in Southeast Kansas
- Medicare Part D – How to Cover Your 3 C's
- Health and Wellness Benefits of Dance

*Registration fee is \$15 per person and includes lunch, Staying Strong sessions, prizes, and resource fair. Advance registration due April 16.*

**For more information, please contact**

M. Gayle Price, 620-820-6123, or your local extension office.

**[www.agingexpo.ksu.edu](http://www.agingexpo.ksu.edu)**



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**Educational sponsors of this program include:**

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Iola Pharmacy  
K-State Research and Extension, Southeast Area

Medicalodges, Inc.  
Southeast Kansas Area Agency on Aging  
Southeast Kansas Library System  
Thrive Allen County

*Register and pay online  
at the website above.*



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