

Aging with Attitude Regional Expo

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

9 a.m. to 3:30 p.m. Friday, April 28, 2017
St. John's Parish Center
315 South Street, Iola, Kansas



Keynote Speaker:

Rebecca French

RN, MN, ARNP-C, Doctor of Nursing Practice

OPA: From Hitler Youth to American Father and Farmer

- Care and Preservation of Treasured Photos
- Tips on Driving Safe at All Ages
- Pain Management through Exercise
- Volunteerism at Its Best
- Wills, Trusts, and Power of Attorney Documents
- Depression: NOT a Normal Part of Aging
- Medication Myths
- Social Media Do's and Don'ts
- Take Charge! Help Prevent Health Care Fraud and Abuse!
- Walking with Alzheimer's

Registration fee is \$15 per person and includes lunch, Staying Strong sessions, prizes, and resource fair. Advance registration due April 17.

For more information, please contact

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

www.agingexpo.ksu.edu



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Educational sponsors of this program include:

Allen County Regional Hospital, Senior Life Solutions
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K-State Research and Extension, Southeast Area

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

*Register and pay online
at the website above.*



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