



Aging with Attitude Regional Expo offers holistic health education in Fort Scott

K-State Research and Extension partners with multiple agencies for April 26 event

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FORT SCOTT, Kan. — Every stage in life offers challenges, and making the most of one's later years requires different tools and perspectives than other stages.

To connect older Kansans and promote physical, mental and financial health, K-State Research and Extension and several community agencies and businesses are offering the annual Aging with Attitude Regional Expo on April 26 in Fort Scott.

This year's expo will take place from 9 a.m. to 3:30 p.m. at the Community Christian Church, 1919 Horton St.

Among the topics on the agenda are:

- Addressing the Opioid Crisis (panel discussion)
- Scams Against Seniors
- Living a Full Life with Partial Sight
- VA Benefits for Spouse and Dependents
- Gardening at Any Age
- Helping You and Your Family through a Tough Farm Economy
- Get Beyond "I'm Fine"

Writer, Christian speaker and retired educator Patty LaRoche will deliver the keynote address, "What Matters Most." Her talk will focus on learning the life practice of contentment and refusing to allow circumstances determine one's self-worth.

Registration is \$15 per person until April 15 and includes lunch, refreshments, activities, access to the keynote address, educational speakers and resource fair, and eligibility for door prizes. Registrations after April 15 are \$25 per person, and lunch is not guaranteed.

More information is available online at the Southeast Research-Extension Center Aging Expo page or by calling a local extension office or Gayle Price at 620-820-6123.

For directions to the expo site, click on this [Google Maps link](#).