

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 29, 2016
First Church of the Nazarene
816 E. Quincy, Pittsburg, Kansas



Keynote Speaker:

Kevin Olson

Motivational Speaker and Author
Oswego, Kansas

"LEARNING to LIVE with it"

- Exploring SEK for Unique Family Experiences
- Strength Training for Seniors: Keep Living Longer
- Understanding Reverse Mortgages: Do They Make Sense for You?
- Beautiful Dreamer: Sleeping As We Age
- Tech Savvy Seniors
- Legal Documents for Seniors
- Drug Interactions: Information for Your Safety
- How are my Driving Skills?
- Aging Aching Feet
- Fall Prevention

Registration fee is \$15 per person and includes lunch, FUNercise sessions, prizes, and resource fair. Advance registration due April 18.

For more information, please contact

M. Gayle Price, 620-421-4826, or your local extension office.

www.agingexpo.ksu.edu



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Educational sponsors of this program include:

Early Detection Works / Crawford County Health Department
Girard Medical Center Senior Behavioral Health
Harry Hynes Memorial Hospice
Medicalodges, Inc

K-State Research and Extension, Southeast Area
Southeast Kansas Area Agency on Aging
Via Christi Hospital Pittsburg, Inc.

Register and pay online
at the website above.



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