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 29, 2022
Community Christian Church
1919 Horton Street, Fort Scott Kansas

Keynote Speaker: Dr. Mark Johnson
Honing Your Memory Skills
Dr. Johnson, university professor and known as the “Memory Guy,” presents a dynamic and engaging keynote that will help you develop skills for remembering names, dates, and other information almost instantly using proven memory techniques.

- Aging and Mental Health
- At Home and Independent
- Estate Planning 101
- Medicare Advantage Plans: What Are They Really?
- Medication Safety
- Healthy or Challenged? Physical Therapy and In Home Safety
- Stretching Your Food Budget
- Immunizations: Checking the Facts

In-person registration is $15 and includes lunch, sessions, incentives, and resource fair.
Virtual Registration: Recorded sessions will be available for $5
Register by April 18 at https://tinyurl.com/2022AWAEXPO, or by calling 620-625-8620.

Find us on Facebook
Aging with Attitude Regional Expo

Educational sponsors of this program include:
Angels Care Home Health
Community Health Center of Southeast Kansas;
Harry Hynes Memorial Hospice;
K-State Research and Extension, Southeast Area

Medicalodges, Fort Scott
Southeast Kansas Area Agency on Aging
Southeast Kansas Library System
Nancy Van Etten

Partial funding is provided by Southeast Kansas Area Agency on Aging

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Southwind Extension District 620-625-8620. K-State Research and Extension is an equal opportunity provider and employer.