Keynote Speaker

Kevin Olson
Motivational speaker and the author of “LEARNING to LIVE with it.”

His presentations and his book, “LEARNING to LIVE with it,” are life-changing, inspiring and motivating. Kevin was paralyzed at the age of 19. Originally from Chanute, he currently lives in Oswego with his wife Janna. Kevin’s life motto is “Do what you can, with what you have, right where you are, and don’t worry about the rest.”

Activity
(Held before session 3)
FUNercise: Putting the FUN in Physical Activity
Laura Covert, Assistant Professor
Pittsburg State University

Physical activity does not have to be just exercise. It also involves playing interactive games, dancing, and much more. Throughout this session, various activities will involve not only the body but also the mind! This interactive session just may make you feel like a kid again!

For more information contact
Gayle Price, 620-421-4826, your local extension office, or www.agingexpo.ksu.edu

Educational Sponsors
Early Detection Works / Crawford County Health Department
Girard Medical Center Senior Behavioral Health
Harry Hynes Memorial Hospice
K-State Research and Extension, Southeast Area
Southeast Kansas Area Agency on Aging
Via Christi Hospital Pittsburg, Inc.
Mediclodges, Inc.

Refreshments sponsored by
Marrone’s Inc

Register and pay online at:
www.agingexpo.ksu.edu

Like us on Facebook
Aging with Attitude Regional Expo

Directions
Travel east off 69 Hwy (Bypass) on Quincy Street. Cross Broadway and continue east on Quincy 0.7 mile. The church is on the south side of the street, before the railroad tracks.

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

For more information contact
Gayle Price, 620-421-4826, your local extension office, or www.agingexpo.ksu.edu

Educational Sponsors
Early Detection Works / Crawford County Health Department
Girard Medical Center Senior Behavioral Health
Harry Hynes Memorial Hospice
K-State Research and Extension, Southeast Area
Southeast Kansas Area Agency on Aging
Via Christi Hospital Pittsburg, Inc.
Mediclodges, Inc.

Refreshments sponsored by
Marrone’s Inc

Register and pay online at:
www.agingexpo.ksu.edu

Like us on Facebook
Aging with Attitude Regional Expo
**Session 1**

**Exploring SEK for Unique Family Experiences – One Day Motor Trips**

Lois Carlson
Retired – K-State Research and Extension

How often have you wanted to take a short trip but tend to overlook some of the great places one can visit close to home? I will be sharing places people can visit within a day’s drive of our 9-county area of SEK and then a few in the state that might require a little longer drive.

**Fall Prevention**

Rebecca Adamson, APRN-C, FNP, MSN
Projects Manager
Crawford County Health Department

Preventing falls in the aging population is essential for living at home as long as possible. Handouts will be made available for participants to use in evaluating their fall risk.

**How are my Driving Skills?**

Pittsburg Police Department

Learn to recognize and address declining driving skills as one ages.

**Drug Interactions: Information for Your Safety**

Dr. Brian Sullivan
Pharmacist
Lindburg Pharmacy

The common mechanisms of drug interactions; outline medications that commonly cause interactions; outline medications that have increased concern for interactions; and, describe how pharmacists screen / handle / communicate to prescribers / patients regarding interactions.

**Strength Training for Seniors: Keep Living Longer**

Clayton Kent, Physical Therapist
Via Christi Hospital

An interactive educational session on the benefits of strength training for those over 50. Topics include: benefits of strength exercise, risks, and how to get started.

**Tech Savvy Seniors**

AnnDee Peterson, Assistant Director
Pittsburg Public Library

It’s never too late to learn. Today’s technology can help seniors stay engaged, connected, and mentally active. AnnDee will suggest easy options available to seniors to stay in touch with family and friends. Learn about ways the Pittsburg Public Library can help with free computer classes and assistance for beginners. Bring your basic technology questions!

**Understanding Reverse Mortgages: Do They Make Sense for You?**

Kylie Ludwig, Family Resource Management/Community Development Agent
Wildcat Extension District

This session informs participants about the costs and benefits of using a reverse mortgage and leads them through steps to take when considering this financial product so they can make an informed borrowing decision.

**Program Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:15</td>
<td>Registration and Refreshments</td>
</tr>
<tr>
<td>9:15-9:30</td>
<td>Visit the Vendor Booths</td>
</tr>
<tr>
<td>9:30-10:00</td>
<td>Resource Fair</td>
</tr>
<tr>
<td>10:10-10:55</td>
<td>Session 1</td>
</tr>
<tr>
<td>11:15-12:00</td>
<td>Session 2</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch and Keynote</td>
</tr>
<tr>
<td>1:45-2:30</td>
<td>Session 3</td>
</tr>
<tr>
<td>2:45-3:30</td>
<td>Session 4</td>
</tr>
<tr>
<td>3:30</td>
<td>Evaluation and Door Prizes</td>
</tr>
</tbody>
</table>

Please select your choice for each session. Classes will be assigned on a first-come, first-served basis. We ask that you please attend the classes you choose. Some classes may be canceled if registration is too low.

**Attendee Attendee #1 #2**