

Aging with Attitude Regional Expo

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

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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



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