



EAST CENTRAL KANSAS

ACTIVE AGING EXPO

A one-day expo to promote positive attitudes about aging and encourage individuals to be active physically, mentally, and financially.

9 a.m. to 4 p.m.

Wednesday, May 3, 2017

Lighthouse Presbyterian Church

1402 E. 303rd St.

Paola, Kansas



Keynote Speaker:

Eric Crump

Vice President of Business Development
AngMar Medical Holdings, Inc.

Caring for the Caregiver

This "Caring for the Caregiver" presentation walks caregivers through real-world scenarios and ends with the promise of living in your "bright spots." Giving care to others can be rewarding as long as we also continue to care for ourselves.

Session Topics

- Know the 10 Warning Signs of Alzheimer's
- Low Volatile Investing Wins
- There's No Avoiding This One
- Hearing Loss, Balance, Dizziness
- Help for Your Farming Questions
- Diabetes and You
- Talking Books and More
- Things I Wish I'd Known Before I Retired
- Eating Healthy on a Budget
- Stepping On

Registration fee is \$15 per person and includes lunch and resource fair.

Advance registration due by April 21, 2017.

For more information, please contact

Rebecca McFarland, rmcfarla@ksu.edu, 785-229-3520

or Diane Burnett, dburnett@ksu.edu, 913-294-4306

<http://www.agingexpo.k-state.edu>

Educational sponsors of this program include:

Lighthouse Presbyterian Church

East Central Kansas Aging
and Disability Resource Center

K-State Research and Extension - Frontier District

K-State Research and Extension - Coffey County

K-State Research and Extension - Marais des Cygnes District

