

FOR IMMEDIATE RELEASE

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Aging with Attitude

It's taking place every day, for everyone.... aging that is, and it is an opportunity! Let's come together to learn and ensure we can all thrive as we age, on Friday, April 29th, for the Aging with Attitude Regional Expo.

The expo aims to promote positive attitudes about aging and educate on issues that support physical, mental, and financial health. K-State Research and Extension along with community partners invite you to connect with others for information and resources on April 29th. The event includes presentations, lunch, prizes and a resource fair from 9:00 a.m. to 3:30 p.m. at Community Christian Church, 1919 Horton Street, Fort Scott. Registration fee is \$15 per in-person attendee. Recorded sessions will be available for \$5. Register at: <https://tinyurl.com/2022AWAEXPO> or by calling 620-625-8620.

However, you choose to attend, session lineup includes: Stretching Your Food Budget, At Home and Independent, Medicare Advantage Plans, Medication Safety, Immunizations: Checking the Facts, Estate Planning 101, Physical Therapy and In-Home Safety, and Aging and Mental Health.

You won't want to miss the keynote by the memory guy, Doctor Mark Johnson, professor at Pittsburg State University. Dr. Johnson, provides a dynamic and engaging keynote that will help you develop skills for remembering names, dates, and other information almost instantly using proven memory techniques.

Make the most of your life by attending this year's regional expo! For more information you may contact Tara Solomon-Smith, Adult Development and Aging Agent, at tsolomon@ksu.edu or 620-378-2167.

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