



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.

8:45 a.m. to 3:30 p.m.

Thursday, May 2, 2019

First Baptist Church

410 South Hickory, Ottawa, KS



Keynote Speaker:

Gayle Doll

Associate Professor and Director, Kansas State University Center on Aging

The Happiness Curve of Aging

Older adults report improved contentment as they age despite increasing losses. The accumulation of loss is overemphasized by younger people who then develop ageist beliefs. This presentation is meant to enlighten participants to age-stereotyping and ageism and can be used as a score sheet for owning one's own age.

Session Topics

- Wills, Trusts, and Powers of Attorney
- Hospice Myths
- Road Trips in Kansas
- I'm Not Leaving My Home!
- Eldercare Mediation and Family Decision-Making
- Gardening as We Age
- Self-Care Is Not Selfish
- Your Smile for a Lifetime

*Registration fee is \$15 per person and includes lunch and resource fair.
Advance registration due by April 19, 2019.*

For more information, please contact

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Chelsea Richmond, crichmon@k-state.edu, 785-448-6826,

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

Educational sponsors of this program include:

Angels Care Home Health

East Central Kansas Area Agency On Aging

First Baptist Church, Ottawa

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