

SCHEDULE

- Resource Fair
- Welcome
- Keynote:
Healthy at Home
Kaysha O'Daniel, PTA, Aegis Therapy
- Chair Yoga Break
Theresa Mitchell, Professor Emeritus
- Keynote:
Wellness Panel
 - Cooking for One or Two
Christina Holmes, MS RD LD
 - Mental Wellness
Kelly Bradford, LSCSW LCAC
 - Diabetic Health
Coffeyville Regional Medical Center
- Lunch and Drawings



Brought to you by the Southeast
Kansas Aging with Attitude Planning
Collaborative



FRIDAY, APRIL 25

9:00 am - 1:00 pm

**Independence Community College
West Campus
2615 W. Main Street**

REGISTER

by calling (620) 244-3826
or complete form below
\$15 registration fee paid to
Southwind Extension
111 S. Butler, Erie KS 66733

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Cut along dotted line and return with registration check for \$15 per person.

Complete Name(s): _____

Address: _____

Phone: _____

County: _____

Dietary Restrictions: _____

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