

Registration is \$30.00 per person or \$50 for 2 family members. **Due April 12, 2016.**

Full Circle...an Aging Expo

First Person

Second Person

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Please list any special accommodations needed (i.e. handicap accessibility, dietary restrictions, etc.).

Cut along dotted line and return with check for \$30.00 or \$50.00.

Register online at:
northwest.ksu.edu/fullcircle

OR

Return form and check payable to KSU to:

Amy Lorenzen
Golden Prairie District
710 W. 2nd
Oakley, KS 67748
(785)671-3245

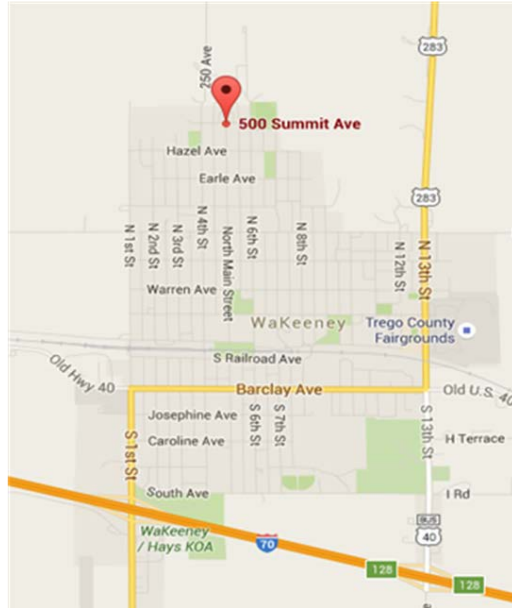
- Registration fees cover lunch and facilities.
- Registration at the door is \$35 per person, Lunch will **not** be guaranteed.

LOCATION & DIRECTIONS

Methodist Church, WaKeeney, KS

From I-70 exits go North to Barclay Avenue until you reach Main Street/5th Street and turn North and you will drive to the church.

From: HWY 283 from the North turn West on Eater Avenue to Main Street/5th Street turn North and you will drive to the church.



EDUCATIONAL SPONSORS:

K-State Research & Extension, NW Area Northwest Kansas Area Agency on Aging

Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY)785-532-4807. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

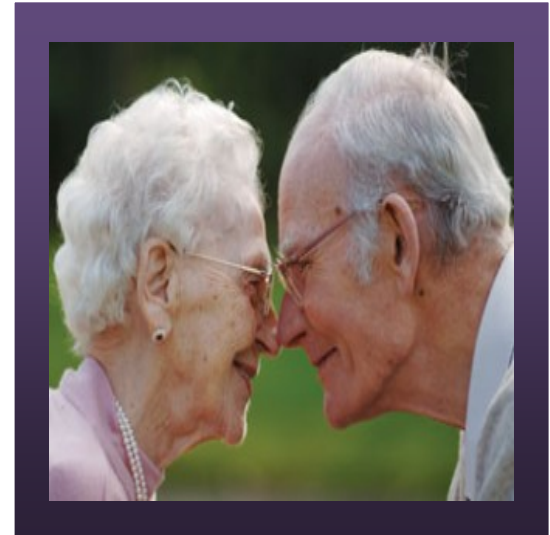
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Full Circle...

an Aging Expo



Finish Well!



April 22, 2016

10:30 am – 3:15 pm
(Registration – 10:00)

Methodist Church

500 Summit Avenue, WaKeeney, KS



NWKAA



Sessions

Bryan Noone, RN, RPSGT

This session will examine some changes that occur in sleep as we age and discuss some strategies to allow the best opportunity for sleep (sleep hygiene). After all, sleep is as vital and important as good nutrition, water and exercise to our overall health. If you aren't sleeping well, your health will suffer.

Andrew Crocker, Extension Program Specialist Gerontology and Health, Texas A&M AgriLife Service

Research shows that many older adults complain about memory problems but seldom report these problems to their health professional. People of all ages forget, but older people tend to worry more about forgetting and memory loss. While there may be changes in memory as people grow older, people can work to decrease their negative reaction to memory problems and even improve their memory with training and practice.

Erin Yelland, Ph.D., CFLE, Assistant Professor and Extension Specialist, Adult Development and Aging, Kansas State University-School of Family Studies

Sexual and intimate relationships are a component of one's overall well-being throughout life. There is no expiration date on your sexuality! Although things will change as you get older, how you handle these changes can influence your overall health and well-being. This presentation will discuss what changes you might experience, how to best prepare for those changes, and more!

Program Schedule

10:00 Registration

10:30 Welcome & Introductions

10:45-11:45

Session 1

Bryan Noone, RN, RPSGT
Sleep As You Grow Older

11:45-1:15

Zoom Session

Andrew Crocker, Texas A&M AgriLife Service, The Texas A&M University System
Master of Memory

1:15-1:45 **Resource Fair**

2:00-3:00

Session 2

Erin Yelland, Ph.D., CFLE, Assistant Professor and Extension Specialist, Adult Development and Aging, Kansas State University-School of Family Studies

3:00-3:15

Evaluation, Zoom Promotion and Wrap Up



Registration to the Full Circle...an Aging Expo will get you four Zoom Follow up

sessions...

April 29th

May 6th

May 13th

May 20th

Topics Include:
Resizing your Home
Alzheimer's 101
Medicare
Fall Prevention

Locations for the Zoom Conference will be shared the day of the Full Circle...an Aging Expo!

