

The Best is Yet to Be: Full Circle...an Aging Expo April 26 in Oakley

Aging, it's a natural process. And if we so choose, the best is yet to come! Join us on Friday, April 26, for Full Circle...an Aging Expo.

Full Circle will be held in Oakley at the Gateway Fellowship Church Impact Center.

This year we will once again be offering two tracks - one for the professional who will have the opportunity to obtain continuing education credits, and one for the general public where you will gain knowledge about meeting some of life's challenges which come along with aging.

Both tracks will have the opportunity to hear Debra Sellers, K-State Research and Extension, speaking on "Adapting to Life's Challenges" and Karen Ridder, Kansas Humanities Council, speaking on "Bucket Lists and Looking Back."

In addition to these two speakers, each track will have a variety of other speakers. Topics include intimacy and aging, getting financially prepared, and building trust in your unit. A special addition to this year's Expo, is the Logan County Health Fair. Come early to browse through the exhibits.

Pre-registration for this event is recommended and includes the morning snack and noon meal. Registration brochures are available through all NW Kansas Extension Offices or online at www.northwest.ksu.edu/fullcircle. Pre-registration deadline is Friday, April 19th. However, late registrations will be accepted, but meals cannot be guaranteed.

For more information or if you have special requirements due to a physical, vision, or hearing disability, or a dietary restriction, please contact Diann Gerstner, K-State Research and Extension Family and Consumer Science agent in Thomas County at 785-460-4582.

K-State Research and Extension, the Department of Health and Human Performance at Fort Hays State University, the Northwest Kansas Area Agency on Aging, and the Kansas Humanities Council are sponsors of this year's event.