



POSITIVE AGING

DAY 2023

➔ **APRIL 14 | 8A-4:30P**



.....
**WICHITA STATE
UNIVERSITY**

WSU Metropolitan Complex | 5015 East 29th Street North, Wichita, KS

PERFECT FOR:

Adults 55+

Family Caregivers

Professionals (*earn CEUs*)

Students

**INTERACT WITH VENDORS
AND THE COMMUNITY!**

TOPICS INCLUDE:

- Strength and Balance Activities for Active Aging
- Mindfulness
- The Latest in Alzheimer's and Dementia Research
- How to Spot and Avoid Scammers and Hackers
- Senior Care Task Force
- Conversations on Serious Illness
- Fixing the Caregiver Labor Shortage
- Reframing Aging



FEATURING:

Susan Peters, former KAKE news anchor
Finding Joy in the Face of Alzheimer's