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

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.

Full Circle...an Aging Expo
First Person Second Person

| Name: __________________________ | __________________________ |
| Address: ________________________ | ________________________ |
| City/State/Zip: __________________ | ________________________ |
| Phone: ________________________ | ________________________ |
| Email: ________________________ | ________________________ |

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

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

LOCATION & DIRECTIONS

From I-70 exits go North to Barclay Avenue, turn West and you will drive to the church.

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

EDUCATIONAL SPONSORS:

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Northwest Kansas Area Agency on Aging

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

LOCATION & DIRECTIONS

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.

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Northwest Kansas Area Agency on Aging

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Northwest Kansas Area Agency on Aging

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

500 Summit Ave
Methodist Church, Wakeeny, KS
April 22, 2016
10:30 am - 3:15 pm
Finish Well!

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 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.

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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:
Alzheimer’s 101  
Medicare  
Fall Prevention

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