



Continuing Education Opportunity at the
Mankato Area Senior Expo
Aging: Accentuating the Possible

Tuesday, May 19, 2009; 9:00 a.m. – 12:00 noon

Alltel Center, Mankato, MN

\$25, including CE certificate for 3 hours
(nursing, social work and general attendance)

The Mankato Area Age Well Network is partnering with the Senior Expo in providing a professional continuing education program focusing on cognitive wellness and memory health in later life.

Topics covered will include:

- ◆ Resources and plans for promoting strengths and resiliency while aging
- ◆ Exercises for cardiovascular and ADL benefits
- ◆ Resources to promote healthy eating for older adults
- ◆ Links between social and mental activity and cognitive health in later life

The program will be held in the upper level of the Alltel Center from 8:30 a.m. – 12:00 noon.

The target audience includes professionals who are interested in promoting strengths, resiliency, health and well-being among the older adults they serve.

Presenters:

Ted Bowman is an author and educator on aging whose focus is on aiding people, organizations and communities building on strengths for daily living

Jeff Buchanan, PhD is an Assistant Professor of Clinical Psychology at Minnesota State University in Mankato, Minnesota

April Graff, MS, RD, LD is a Registered Dietitian with Hy Vee Foods

Dawn Moen, BS teaches for SilverSneakers, as well as teaching Pilates, Yoga and a variety of physical fitness classes

Ted Bowman will also be presenting a general session for the Senior Expo at 1:00 p.m. Everyone is invited to attend this free presentation

PRE-REGISTRATION IS REQUIRED.

REGISTRATIONS AT THE DOOR WILL BE ACCEPTED ON A SPACE AVAILABLE BASIS.

Register online by going to: <http://ahn.mnsu.edu/continuinged/schedule.html> Scroll to the May workshops and choose Aging: Accentuating the Positive

You may also register by phoning Shirley Murray at 507-389-5194 and using credit card payment

MAIL IN REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

PROFESSION: _____

___ CREDIT CARD: ___ Visa ___ Mastercard

Number: _____ - _____ - _____ Expiration Date: _____ - _____

___ CHECK ENCLOSED:

Mail registration form to:

Age Well Network

c/o MSU College of Allied Health and Nursing
124 Myers Fieldhouse, Mankato, MN 56001

Registration Fee: \$25