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**

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City/State/Zip:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

---

**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.

**K-State Research & Extension, NW Area**

Northwest Kansas Area Agency on Aging

500 Summit Avenue, WaKeeney, KS

10:30 am – 3:15 pm

(Registration – 10:00)

Finish Well!

**Educational Sponsors:**

- Kansas State University Agricultural Experiment Station and Cooperative Extension Service
- Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John Flores, Director.

**Kansas State University is committed to making its services, activities, and programs accessible.**

If you need a special accommodation, contact Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY) 785-532-4807.

Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John Flores, Director.

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended.
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!