

FOR IMMEDIATE RELEASE

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## **Aging With Attitude Slated for April 25th**

The annual Aging with Attitude Expo will be held on Friday, April 25th, in Independence, Kansas, from 9 am to 1 pm. This event features a resource fair and presentations on a variety of topics.

Aging with Attitude is a long-running expo that moves every two years to different communities in the Southeast Kansas region. This will be the first year the event will be held in Independence, a vibrant community located in Montgomery County. Programming is geared toward aging adults but is open to those of any age.

“This event is a great way to enjoy an adventure with friends or come and meet new friends,” said Julie Smith, K-State Research and Extension. “Enjoy lunch and learn valuable information while having a fun, social outing.”

Along with the resource fair, the morning event will feature a keynote presentation by Kaysha O’Daniel with Aegis Therapy on how to stay “Healthy at Home.” There will also be a wellness panel featuring multiple topics, including “Cooking for One or Two” by Christina Homes, Regional Specialist with K-State Research and Extension; “Mental Wellness” by Kelly Bradford; and “Diabetic Health” by Coffeyville Regional Medical Center. Theresa Mitchell will also give a presentation on Chair Yoga, a unique way to stay active in the home.

Lunch will be served, and a drawing will be held for various giveaways.

Registration is now open. A \$15 registration fee covers admission to the expo and lunch. The event will be held at the Independence Community College – West Campus at 2615 W. Main Street.

There is limited seating, so early registration is encouraged. You may register by calling 620.244.3826 or visit [bit.ly/Agingwithattitude2025](http://bit.ly/Agingwithattitude2025) to download the flyer and registration form.

Aging with Attitude is brought to you by the Southeast Kansas Aging with Attitude Planning Committee, which includes K-State Research and Extension, the Area Agency on Aging, and other valued community partners. For more information, please contact Julie Smith, Family Resource Management and Entrepreneurship Agent, at [juliesmith@ksu.edu](mailto:juliesmith@ksu.edu) or by calling 620-238-0704.

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