

9-14-2018

NEXT BEST YEARS OF YOUR LIFE
Living the Good Life

The next best years of your life can be the best years if you take the time and effort to recognize needs and seek answers. Join us for a day of discovery -- and challenge yourself to learn, create and enjoy!

Schedule

- 8:00 – 9:00 am.....Registration**
- 9:00 – 9:15 am.....Welcome by Mayor or designee**
- 9:15 – 10:00 am.....Cameron Mills, Little Eyes Upon You**
- 10:00 – 10:15 am.....Break**
- 10:15 – 11:00 am.....Heather Larabee, Executive Director, The Lexington Lantern at Morning Pointe, Depression and the Aging Process: What you need to know**
- 11:00 – 11:15 amBreak**
- 11:15 – 12:00 pm.....Cooking for One, Two or a Few
Diane Mason, Boone Co. Family and Consumer Sciences Extension Agent**
- 12:00 – 1:30 pmLunch and Dr. Pearlie Johnson, Assistant Professor of Pan-African Studies and Art History. U of L, Quilt Art: Examining the Narrative in Kentucky Quilts**
- 1:30 – 2:15 pmKaren Bryla McNees, Ed.D., R.D.N
The Mind Diet: Preventing Alzheimer's with Brain Friendly Foods**
- 2:15 – 3:00 pmMark Johnson, Fayette Housing Authority, Chair Aerobics for Seniors**
- 3:00 – 3:30 pmClosing, Evaluations and Door Prizes**



Cameron Mills
LHC Group
Senior Management Liaison

Men's Basketball NCAA
National Champion '96 & '98

Speaker at
Cameron Mills Ministries

Host of Cameron Mills Radio

Executive Producer award
winning documentaries
The Team and Out of the Blue

Planning Committee

Baptist Health Home Care
The Willows
The Office of Lifelong Learning at UK
YMCA of Central Kentucky
Fayette County Cooperative Extension Office
Lexington-Fayette County Health Department

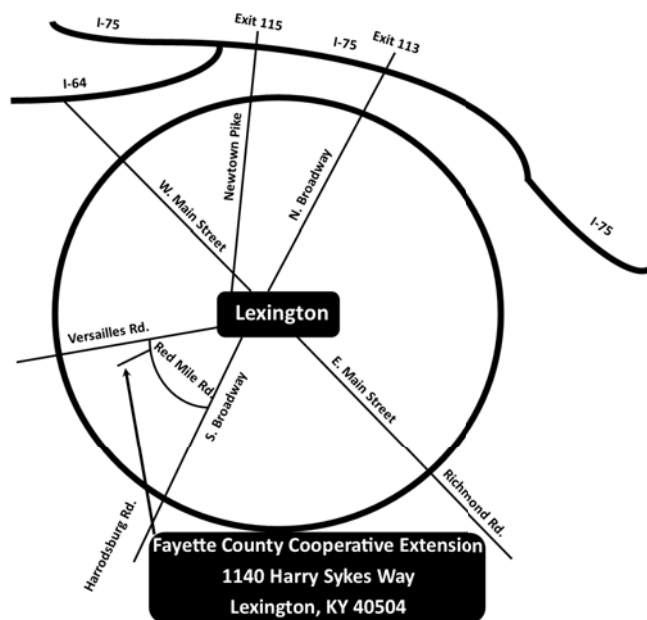
Senior Helpers of the Bluegrass
Bluegrass Area Agency on Aging &
Independent Living
Lifeline Home Health, Proud Member
of LHC Group
Sayre Christian Village

The Next Best Years of Your Life: Living the Good Life!

Celebrating our 23rd year!

Friday, September 14, 2018

Fayette County Extension Office
1140 Harry Sykes Way (formerly 1140 Red Mile Place)
(859) 257-5582



The Extension Center is located on Harry Sykes Way. This street is on the south side of Red Mile Road next to Central Equipment. You can reach Red Mile Road from Versailles Road or Broadway. Turn on Harry Sykes Way and go past the Family Care Center. You will find the Extension Center on your left. Please park in the rear of the building and enter through the double doors.

Workshop Registration for The Next Best Years of Your Life

Registration Deadline:
Friday, September 7, 2018

Notes: We are unable to adjust the temperature of the meeting room. Please bring a sweater or jacket for your comfort.

Please park **behind** the Extension Building. You may be towed if you park in the Family Care Center lot and asked to move if you park in front of the Extension Building.

Name: _____ E-mail: _____

Address: _____ Phone: _____

City: _____ Zip: _____ County: _____

Person to Call in Emergency: _____ Relationship: _____ Phone: _____

Cost: \$12.00 (includes continental breakfast, lunch, and materials)

Make checks payable to: **Community FCS Program**

Clip form & send check to: **Next Best Years of Your Life Conference**

Fayette County Extension

1140 Harry Sykes Way (formerly 1140 Red Mile Place), Lexington, KY 40504