



AGING = LIVING

FOR SENIORS AND THEIR FAMILIES



Join us for an informative and fun day dedicated to helping seniors live safely, stay healthy, and remain active in our community.

OCTOBER 22, 2025

9AM - 3PM

SEK Impact Center

1500 W 7th

Chanute, KS 66720

KEYNOTE SPEAKERS:

- **DR. ALEX MIH-**
orthopedic surgeon-tips for protecting your bones and joints as you age.

- **Dennis Depew-**
KS Legal Services-legal tips for seniors including scams and fraud.

- **Teri Lund-**
Golden Beats-fun energizing drumming exercise for all ages.

WHAT YOU'LL FIND: LOCAL VENDORS & EXPERTS

- Home Safety
- Avoiding Banking and Phone Scams
- Healthy Aging & Exercise
- Door Prizes
- And Much More

3 Ways to Register:

- On-Line:
www.sekaaa.com
- Phone:
620-431-2980
- Mail:
Registration below

\$10

**Registration
Fee**

Lunch included

Name: _____

Address: _____

City, State: _____

Email: _____

Phone #: _____

☐

Check for \$10 enclosed
Make check payable to:
SEKAAA- Aging=Living

Mail registration and payment
to: SEKAAA - Aging=Living,
PO Box J, Chanute, KS 66720

No refunds: Substitutions allowed up to the day of the conference