



NORTHERN PLAINS
CONFERENCE
ON AGING

Resilient Aging: Moving Forward with Confidence

SPEAKER TOPICS INCLUDE:

HEALTHY LIVING & MINDFULNESS
FINDING NEW LIFE IN THE MIDST OF LOSS
MUSIC THERAPY
PERSONAL SAFETY

\$25 SENIOR (60+ YEARS) REGISTRATION INCLUDES:

-ONE DAY CONFERENCE ATTENDANCE
-BREAKFAST, LUNCH & SNACK BREAK + BEVERAGES
-ACCESS TO 25+ REGIONAL VENDORS

TO REGISTER, VISIT NORTHERNPLAINSCONFERENCE.COM
OR CALL PETRA AT 218.299.3615

OCTOBER 13

AVALON EVENTS CENTER
2525 9TH AVE. S, FARGO

****THANK YOU TO THE SENIOR COALITION OF CASS & CLAY COUNTIES FOR
SPONSORING PART OF THE COSTS FOR THE FIRST 50 REGISTRANTS!***