

Healthy Aging Conference 2025

1-Hour Sessions Led by Aging Experts:

- The Normal Aging Brain and Dementia
- Preventing Falls
- The Empowered Caregiver
- Nutrition and Exercise for Healthy Aging
- Minimizing Social Isolation
- Legal and Financial Considerations of Aging



**Register
Now!**

**Free to
Attend!**

**Free Breakfast,
Lunch, & Parking!**

 **March 8, 2025** | **Doors Open: 8:00 am**
Event: 9 am-3:30 pm

 **WSU Spokane Campus Academic Center**
600 N. Riverpoint Blvd. Spokane, WA

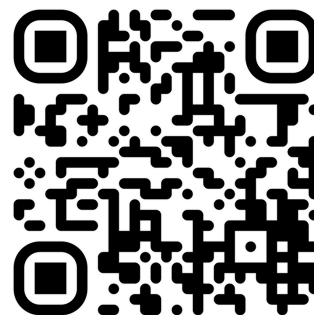


Conference Hosts:

- Home Health & Home Care Agencies
- Spokane Regional Health District
- Aging and Long Term Care
- Alzheimer's Association
- Providence Northwest
- Horizon Hospice
- WSU Spokane
- SANEWA

Scan QR or Visit to Register:

 <https://healthyagingspokane.org/>



**Space is
Limited!**