

The 14th Annual Southern Utah Seniors Conference



“Get in! Get Fit!”

*Start where you are. Use what you have.
Do what you can.*



Keynote Address: “Aging In Place” Ms. Teri Koenig, Director
Gateway to Wellness - IHC



Breakout Sessions:

“Mastering Your Medications”

Dr. Jason Barr, Township Pharmacy



“The Dance of the Five Elements”

Ms. Lena Oswald & Ms. Donna Hicks
Tai Chi Quan Instructors



“Stepping On”

Ms. Sheryl Gardner Five County Master Trainer

Wear comfortable clothing!

Friday, May 13, 2016

Check-In – 9:00 AM; Conference – 10:00 AM to 2:00 PM

Festival Hall/Heritage Center, Upper Floor
105 N 100 E, Cedar City (see map on other side)

ADMISSION FREE (includes lunch)

TO REGISTER: Call Amy Brinkerhoff (435-867-6020).

Seating guaranteed only if you register by Friday, April 29, 2016

Would you like to attend but don't know who will care for your loved one while you're at the conference?
The Five County Caregiver Support Program can help! Call Carolyn Moss/Tracy HeavyRunner at
(435-673-3548) by Friday, April 29, 2016, to inquire about respite care during the conference.