Healthy Aging Conference 2024

Aging Strong

Friday, May 17
8 a.m. to noon

Radisson Hotel
200 Second Street South
La Crosse, Wis.
Conference Purpose: To educate conference attendees and raise awareness on actions we can take to help others preserve healthy bodies and minds. This conference will explore what it takes to motivate others to strive to age with good health, including both physical and mental well-being.

Agenda

8 to 8:30 a.m.  Networking Breakfast
8:30 a.m.  Welcome
8:30 to 9:45 a.m.  Keynote Speaker
Len Elmore, Sportscaster and former NBA player
Len Elmore played college basketball at the University of Maryland and went on to play professional basketball for the Indiana Pacers for 10 years. As a former professional athlete, Len was shocked to develop diabetes and discovered the importance of a healthy lifestyle. He has partnered with Novo Nordisk to share his story to inspire change in others and encourage all of us to be our own best health advocate.

9:45 to 10 a.m.  Networking/display table break
10 to 11 a.m.  Importance of Exercise as We Age
Dr. Christine Jacobsen, MD, Family Medicine, Gundersen Health System
What impact can exercise have on your life? Lack of physical activity can lead to more visits to the doctor, more hospitalizations and higher risk of illness. During this presentation Dr. Jacobsen will examine how the body is positively affected by exercise habits. She will touch on the immediate and long-term benefits exercise has on longevity and explain what you can gain by staying active.

11 a.m. to Noon  Finding joy in our ordinary/mundane/hectic lives without losing ourselves in guilt
Heather Quackenboss, Human Development and Relationship Educator, Extension La Crosse County
Join Heather in a fun but real presentation that can help folks find some joy in whatever their situation is, reframing their situations, and finding their own compassion for themselves and others. Everyone will have an opportunity to reflect on their lives and find ways to incorporate time in their day to take care of themselves without the guilt.

Noon  Closing

Who should attend?
- RNs, LPNs, certified nursing assistants, resident care assistants, social workers at all levels, recreational therapists, health educators, administrators
- Case managers
- Care coordinators
- Home care providers
- Long-term care facility employees
- Family care network providers
- Service referred agency staff (i.e. Aging Unit, ADRC)
- Family or professional caregivers
- Anyone interested in learning more about healthy aging

Special accommodations
If you have any questions or concerns about this program or require special assistance/accommodations in order to participate, (including dietary needs) please contact Shayna Schertz at (608) 775-3885 or (800) 362-9567, ext. 53885, by Monday, May 6.

ADA statement
In accordance with the Americans with Disabilities Act, Gundersen Medical Foundation seeks to make this conference accessible to all. If you have a disability that might require special accommodations, please e-mail your needs to slschert@gundersenhealth.org or call (608) 775-3885.

Grievance statement
If you have questions or grievances, please contact Shayna Schertz at (608) 775-3885.

Cost
$30. Fee includes all program materials, breakfast and beverages. Please register no later than Friday, May 10. Registration fees are non-refundable.