

9-20-2019



The Next Best Years of Your Life can be the best years if you take the time to recognize needs and seek answers. Join us for a day of discovery and challenge yourself to learn, create and enjoy!

Schedule

- 8:00 – 9:00 am.....Registration
- 9:00 – 9:15 am.....Welcome by Mayor or designee
- 9:15 – 10:00 am.....Overcoming Life’s Obstacles – Yes, You Can!
Judge Pamela Goodwine
- 10:00 – 10:15 am.....Break
- 10:15 – 11:00 am.....Estate Planning
Lyle McQuinn
- 11:00 – 11:15 amBreak
- 11:15 – 12:00 pm.....Let’s Talk Guac
Chef Paul Eads, Brookdale
- 12:00 – 1:30 pmLunch
Dixie Land South Band
- 1:30 – 1:45 pmRock and Move
Cathy Wade, Certified Trainer
Beaumont YMCA
- 1:45 - 2:30 pmRisks and Benefits of Medications, Including Over the Counter Supplements
Daniela Moga M.D., PhD
- 2:30 – 3:00 pmClosing, Evaluations and Door Prizes!



Judge Pamela Goodwine

First African American female elected to the bench in Kentucky

Former Chair of the Kentucky Commission on Human Rights

Elected to the Kentucky Court of Appeals for the 5th Appellate district Nov. 2018

Winner of numerous awards including the 2019 Fair Administration of Justice Award from the Kentucky Academy of Defense Lawyers

Planning Committee

- Senior Helpers of the Bluegrass
- Sayre Christian Village
- YMCA of Central Kentucky
- Fayette County Cooperative Extension
- Lexington-Fayette County Health Department
- Bluegrass Area Agency on Aging & Independent Living

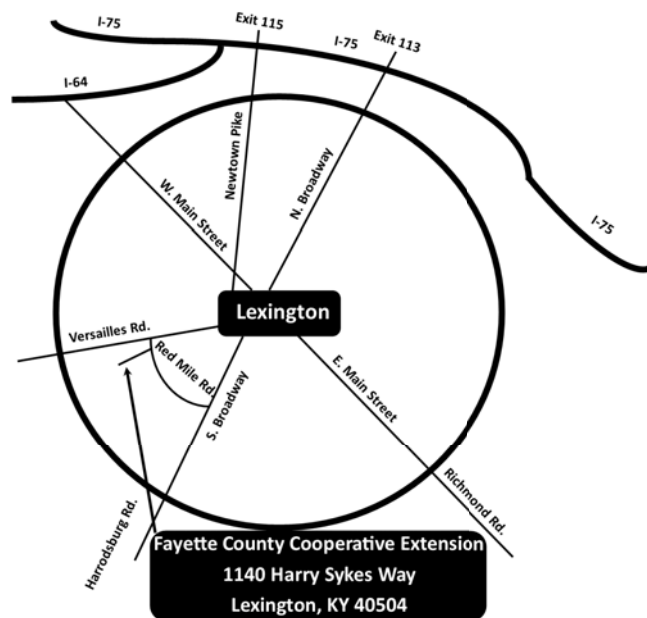
- Lifeline Home Health, Proud Member of LHC Group
- The Office of Lifelong Learning at UK
- Brookdale Richmond Place
- Baptist Health Homecare
- The Lafayette

The Next Best Years of Your Life: Living the Good Life!

Celebrating our 24th year!

Friday, September 20, 2019

Fayette County Extension Office
1140 Harry Sykes Way (formerly 1140 Red Mile Place)
(859) 257-5582



The Extension Center is located on Harry Sykes Way, on the south side of Red Mile Road behind Central Equipment. You can reach Red Mile Road from Versailles Road or Broadway. Turn on Harry Sykes Way and go past the Family Care Center. The Extension Center is on your left. Please park in the rear of the building and enter through the double doors.

Workshop Registration for The Next Best Years of Your Life

Registration Deadline:
Friday, September 13, 2019

Notes: We are unable to adjust the temperature of the meeting room. Please bring a sweater or jacket for your comfort.

Please park **behind** the Extension Building. You may be towed if you park in the Family Care Center lot and asked to move if you park in front of the Extension Building.

Name: _____ E-mail: _____

Address: _____ Phone: _____

City: _____ Zip: _____ County: _____

Do you agree to allow us to use your photo in promotional materials?: Yes or No

Person to Call in Emergency: _____ Relationship: _____ Phone: _____

Cost: \$12.00 (includes continental breakfast, lunch, and materials)

Make checks payable to: **Community FCS Program**

Clip form & send check to: **Next Best Years of Your Life Conference**

Fayette County Extension

1140 Harry Sykes Way, Lexington, KY 40504