SPEAKER INFORMATION

George Albright: Retired-Engineer, Professional Bowler, Businessman, 1952 Graduate of Jefferson City High School

Randy Allen: President/CEO, Jefferson City Area Chamber of Commerce

Bill Atterberry: Retired as Comedian "Goofer" on Lee Mace's Ozark Opry, Member of Board of Directors of the Missouri Country Music Hall of Fame

Kay Benward: M.Ed., CSCS, Supervisor, Sam B Cook Healthplex, Capital Region Medical Center

Tom Durkin: Director of Public Education, Office of Missouri Attorney General

Travis Ford: Communications Director, Missouri Department of Insurance, Financial Institutions and Professional Registration

Robin Hoerchler: R.D., L.D., Registered Dietitian, St. Mary's Health Center

Damon Motley: CSCS, Exercise Specialist, Sam B. Cook Healthplex, Capital Region Medical Center

Linda McAnany: Retired as President/CPO of the United Way of Central Missouri and was Store Manager with Dillard's Department Stores

Tom Quinn: Consultant, Sangari Global Education

James Wieberg: M. Ed., Director, Center for Mental Wellness, Capital Region Medical Center

Nobody gets to live life backward. Look ahead; that is where your future lies."

Ann Landers

REGISTRATION GUIDELINES

Registration Information

Pre-Registration is required.

You may register in person at the LIR office Monday through Thursday, 10 a.m.–Noon. To register by mail, complete the attached registration form and return it with your payment to:

Learning in Retirement, Inc.
903 Lafayette Street
Soldiers Hall, Room 7
P.O. Box 105166
Jefferson City, MO 65110-5166

Checks should be made payable to Learning in Retirement, Inc. Questions? Call LIR at (573) 681-6152.

Registration Deadline

The deadline for registration and payment of fees is Friday, April 20, 2012. Please note that you are not officially registered until your fee is paid in full. **Pre-registration is required.**

Cancellation Policy

LIR reserves the right to cancel this conference. In the event of cancellation, you will be notified immediately and your registration fee will be refunded in full.

If you must cancel your registration, call (573) 681-6152 by April 20, 2012, to receive a full refund. There will be no refunds for cancellations received after the deadline; however, you may send a substitute.

Special Accommodations

If you have a disability and need special accommodations, please contact LIR at (573) 681-6152.

20th Anniversary Conference

Honoring the Past and Embracing the Future

April 27, 2012
8:00 a.m. – 3:15 p.m.
Capitol Plaza Hotel
Jefferson City, Missouri

Learning in Retirement Inc.

LINCOLN UNIVERSITY
Jefferson City, MO

Telephone: (573) 681-6152

SPONSORS

- Community Bank of Russellville
- Mid-America Wireless
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- St. Mary's Health Center-Sports Medicine & Rehabilitation, Cardiovascular Services

EXHIBITORS

- Alzheimer's Association
- Capital Region Home Health
- Capital Region Medical Center
- Central Trust & Investment Co.
- Dulle-Trimble Funeral Home
- Edward Jones Investments
- Hawthorn Bank
- Help at Home, Inc.
- Home for Life Solutions
- Independent Living Resource Center
- Integrity Home Care
- Jefferson City Medical Group
- Mary Kay Cosmetics
- Missouri River Regional Library
- Providence Bank
- Riverview Cemetery
- The Missouri SMP
- Winter-Dent & Co.

Conference Schedule

8:00 a.m. Registration/Visit Exhibits/Coffee

9:00 a.m. Welcome
Barb Swanson, M.C.
Mike "Pee Wee" Forck, LIR President
Dr. Carolyn *Mahoney,* LU President
Dr. Gary Scott, LIR Founder

9:30 a.m. **Historic Jefferson City**
George Albright

10:00 a.m. **Looking to the Future of Jefferson City**
Randy Allen

10:30 a.m. Break and Visit Exhibits

11:00 a.m. Breakout Session I
1. **Volunteerism, How Can I Help?**
   Linda McAnany
2. **iPhone, iTouch, iPad, iPod, I Quit --- DON'T**
   Tom Quinn

11:45 a.m. Break and Visit Exhibits

12:15 p.m. Luncheon and Keynote Speaker
Laughter is Good Medicine
Bill "Goofer" Atterberry

1:15 p.m. Break and Visit Exhibits

1:30 p.m. Breakout Session II
1. **Shedding Light on Vitamin D**
   Robin Hoerchler
2. **Senior Living-Mind and Body**
   Kay Benward
   James Wieberg

2:15 p.m. Break and Refreshments

2:30 p.m. Breakout Session III
1. **Consumer Tips: For the Young and Young at Heart**
   Tom Durkin
   Travis Ford
2. **Tai Chi & Balance**
   Damon Motley

3:15 p.m. Adjourn

Learning in Retirement Conference, April 27, 2012, Capitol Plaza Hotel

LEARNING IN RETIREMENT CONFERENCE

REGISTRATION FORM

(See Registration Guidelines on back.)

Name(s):_____

Address:_____

City:_____

State/Zip:_____

Telephone:_____

E-Mail:_____

Registration Fee (per person):
Member: $15
Non Member: $20

I plan to attend the following breakout sessions:

Session I
- ❑ Volunteerism
- ❑ iPhone, iTouch, iPad, iPod

Session II
- ❑ Shedding Light on Vitamin D
- ❑ Senior Living-Mind and Body

Session III
- ❑ Consumer Tips
- ❑ Tai Chi & Balance

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