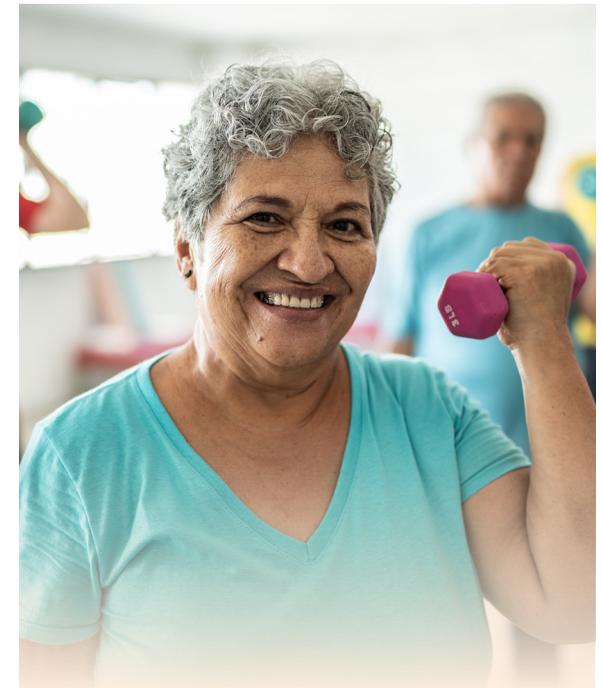


GUNDERSEN
HEALTH SYSTEM®
1900 South Avenue, F55-001
La Crosse, WI 54601



Healthy Aging Conference 2024

Aging Strong

Friday, May 17
8 a.m. to noon

Radisson Hotel
200 Second Street South
La Crosse, Wis.

GUNDERSEN
HEALTH SYSTEM®

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.



GUNDERSEN
MEDICAL FOUNDATION

Registration Form

Healthy Aging Conference 2024

Aging Strong

Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____

Employer: _____

Job title: _____

Email: _____

Fee (payment must accompany this form): _____

Payment Method

Please include check or credit card information if mailing payment. Make checks payable to "Gundersen Health System."

Check # _____

Cash Visa Mastercard

Name as it appears on card

Card # _____

Exp. Date _____/_____/_____ CVV code _____

Signature

Please return no later than Friday, May 10 to:

Gundersen Health System
Office of Population Health
Mailstop: FS5-001
1900 South Ave.
La Crosse, WI 54601

For more information, please contact Gundersen Health System Office of Population Health, (608) 775-4717 or (800) 362-9567, ext. 54717.

Register online at:



<https://bit.ly/3Tsl3My>