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Register now for NM Conference on Aging

NM Conference on Aging is Aug. 19-20 in Albuquerque

For the Headlight

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SANTA FE >> Pre-registration is taking place for the 36th annual New Mexico Conference on Aging, which is scheduled for August 19-20, 2014 at the Conference Center at the Isleta Resort & Casino in Albuquerque.

The event, sponsored by the Aging and Long-Term Services Department, provides older adults, caregivers and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity. Approximately 1,500 individuals are expected to attend the Conference, which features more than 40 workshops, 60 interactive exhibits and a health & enrichment fair. This year's theme is A Diverse Community: Exploring Options, Expanding Horizons.

The Conference also includes a variety of entertainment reflecting New Mexico's cultural diversity.

The conference features two general sessions:

- On Tuesday, August 19th, Dr. Barry Ramo MD, Cardiologist, NM Heart Institute, UNM School of Medicine and Medical Editor, KOAT TV, and Mark Riker, CEO National Senior Games Association, will present "Personal Best: Your Journey for a Longer, Better, Quality of Life". In this session, co-sponsored by AARP NM, NM Senior Olympics, Inc. and the National Senior Games Association, Dr. Ramo and Mr. Riker will discuss senior health, wellness and quality of life. They will highlight proven physical activity programs being offered throughout New Mexico.
- On Wednesday, August 20th, Cindy S. Brown, LSB,CDP, Training & Resource Manager from Home Instead Network, will present "Thinking Again: Exploring Your Own Aging". In this session, Ms. Brown will discuss how long-established ideas about what "old age" is going to look like may not be accurate. This is an opportunity to explore and plan for one's own aging.

The Conference will also recognize individuals and organizations through its awards program, and will include a variety of entertainment reflecting New Mexico's cultural diversity.

The cost of the two-day conference is:

— Standard Rate: Pre-Registration: \$95;



- On-site Registration: \$105
- Senior Rate (Age 55 and older): Pre-Registration: \$35; On-site Registration: \$45
- Students: Pre-Registration: \$35; On-site Registration: \$45

Day registration is also available:

- Standard Rate: Pre-Registration: \$50/day; On-site Registration: \$60/day
- Senior Rate (Age 55 and older): Pre-Registration: \$20/day; On-site Registration: \$30/day
- Students: Pre-Registration: \$20/day; On-site Registration: \$30/day

More information can be found on the Department's website at www.nmaging.state.nm.us, or by calling 866-842-9230 or 505-222-4500.

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