

The 10<sup>th</sup> Annual Southern Utah Seniors Conference  
"There's No Place Like  ..... When It's Safe"



Keynote Address

Ms. Jilene Gunther

"Navigating Your Rights: Legal Guide for 55+"  
Utah Department of Aging and Adult Services

Breakout Sessions:

"Maintaining Your Brain"-Mr. Pat Sapio & Ms. Teri Koenig  
Gateway To Wellness Dixie Regional Medical Center



"Fire Prevention At Home" - Mr. Ryan Dumlao & Mr. Jordan Smith  
Cedar City Fire Department



"Creating Safety in Family Relationships in the  
Presence of Chronic Disease"- Dr. Adam Moore  
Dixie Regional Medical Center



*In addition to speakers, this event will feature door prizes and a resource fair!*

Friday, May 4, 2012

Check-In – 9:00 AM; Conference – 10:00 AM to 2:00 PM  
Festival Hall/Heritage Center, Upper Floor  
105 N 100 E, Cedar City (see map on other side)

**ADMISSION FREE** (includes lunch)

TO REGISTER: Volunteer Center of Iron County (435-867-8384).

Seating guaranteed only if you register by Thursday, April 29, 2012.

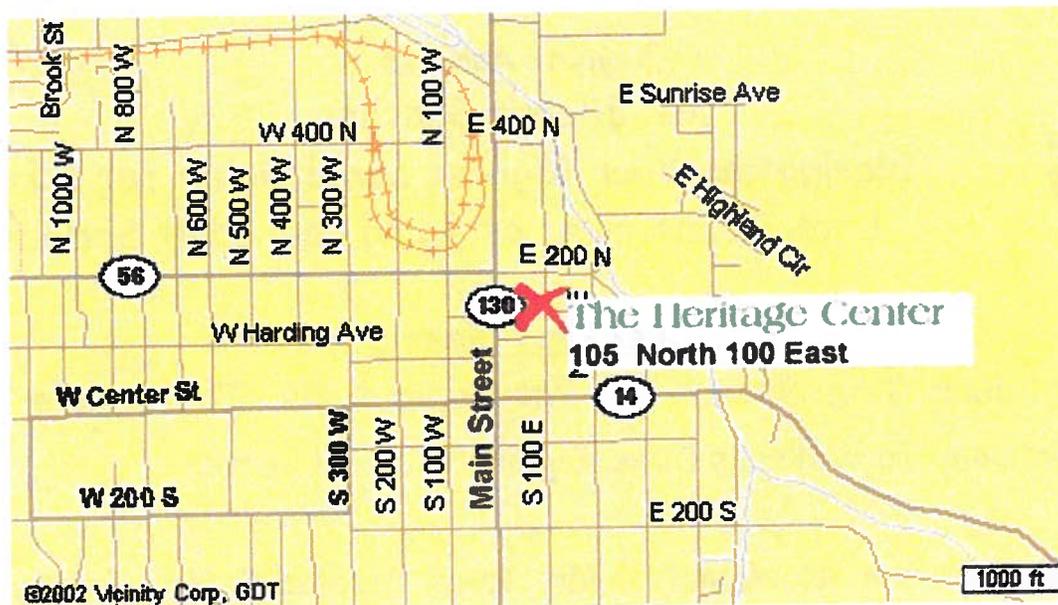
Would you like to attend but don't know who will care for your loved one while you're away?

The Five County Caregiver Support Program can help!  
Call Carolyn Moss/Tracy HeavyRunner at (435-673-3548)  
by Thursday, April 29, 2012.

to inquire about respite care during the conference.

# Festival Hall/Heritage Center

105 North 100 East, Cedar City, Utah



### If you are traveling by car:

A parking garage is attached to Festival Hall/Heritage Center. Enter the parking garage from 100 East. Park on the second level and use the walkway to enter the building. A check-in table will be in the hallway.

### If you are traveling by bus:

Buses do not fit in the parking garage. Buses can park on 100 East or in the parking lot (enter from Main Street).

Festival Hall/Heritage Center is handicap accessible from the ground level.

Volunteers will be available to assist attendees at each building entrance.

This conference is sponsored by:

Five County Caregiver Support Program

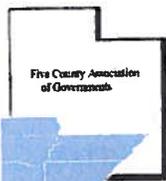
Five County Senior Corps Programs

Living Well with Chronic Disease Self-Management Program

Health Insurance Information Program, State of Utah

Iron County Council on Aging

Five County Area Agency on Aging



This workshop approved by the Utah Chapter, National Association of Social Workers