



Crosslake Cares

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SATURDAY, APRIL 27, 2023 - 8:30 AM - 1:00 PM

SENIOR EXPO

MINI TALKS

→ FREE EVENT
No Sign-up needed

9:00 AM

Jenna Pogorels, LICSW - Associate Director of Community Services, Alzheimers Association.
"Introduction to Alzheimer's Disease and Dementia."

10:00 AM

Katelin Hohertz, LICSW, Executive Director at Home Instead.
"Stay Home. Stay Local."

11:00 AM

Adam English, C.N.P., Cuyuna Regional Medical Center.
What Hurts? Head-to-Toe Comprehensive Orthopaedic Care."



**KEYNOTE
SPEAKER:
JOE SCHMIT**

12:00 PM - 1:00 PM
Sponsored by Cuyuna Regional Medical Center.

Joe is an award-winning sports broadcaster for KSTP-TV. He is also a community leader and author. His talk is called **Silent Impact**. No matter what age you are, you can make a profound impact on your world. In Joe's presentation, you will be inspired to be more aware and intentional to lead a life of significance.

- **Doors Open at 8:30 AM**
- **Prizes and Giveaways.**
- **Enjoy free coffee and pastries at Café Cares.**
- **50+ Exhibitors until Noon.**

SENIOR EXPO 2024 is being held at The Log Church, 37218 Co Rd 66, Crosslake, MN



Crosslake Area Senior Services, Inc.
doing business as Crosslake Cares, a 501(c)(3) non-profit organization
www.CrosslakeCares.org / email: info@crosslakecares.org
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