



Crosslake Cares

presents



SATURDAY, APRIL 29, 2023 - 8:30 AM - 1:00 PM

SENIOR EXPO

MINI TALKS

9 - 9:15 AM

Miranda Foy, R.N., of Cuyuna Regional Medical Center.
"Benefits of an Annual Wellness Visit".

10 - 10:15 AM

Paul Rud, M.D., Orthopedic Surgeon of Essentia Health.
"The Benefits of Exercise as You Grow Older"

11 - 11:15 AM

Kathy Krueger, Resource Specialist, Senior LinkAge Line
"Value of Senior LinkAge Line"

FREE EVENT
No Sign-up needed



KEYNOTE

PERFORMER:

11:45 AM - 1:00 PM

Retired journalist
and news anchor

DON SHELBY will
be the EXPO keynote
performer with his
portrait of MARK TWAIN.

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

SENIOR EXPO 2023

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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