

know how for the next stage



KNOW WHAT A dream team of experts will have the answers at the free **i know expo**[®]. Browse over 80 exhibits, experience new products, learn about new resources and have your questions answered at round table discussions led by experts in the field. Bring your questions and a friend.

KNOW WHEN **Sunday • April 3**
12 - 5 PM

KNOW WHERE **Lexington Center**
Bluegrass Ballroom

KNOW MORE Free admission.
Free parking.

iknowexpo.org  



#iknowexpo

Wondering how to plan for what's next in life?

How to manage the responsibilities of caregiving?

How to best cope with disabilities?

Wondering about insurance, Medicare, housing options, safety, memory, estate planning, staying active, getting around and more?

Free Round Table Discussions

1:00 PM

Know what is out there — Mostly free city, state and federal agencies at the service of those in or approaching their golden years.

2:00 PM

Know what makes aging-in-place, independent living, assisted living and full nursing the right housing options for different stages of aging.

Know when to have those difficult conversations with aging parents, and how to get them started.

3:00 PM

Know who gets people around when they can't drive and you can't drive them.

Know how to find the right insurance plan for folks over 65.

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AARP[®]
Real Possibilities

Kentucky
Department of Aging
and Independent Living

**MCCLELLAND
& ASSOCIATES** PLLC

THE LAFAYETTE
FIVE STAR
LEXINGTON
COUNTRY PLACE

Bluegrass Area
Agency on Aging and
Independent Living

Commission
for Citizens
with Disabilities

iTNBluegrass[™]
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SANDERS-BROWN
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