



Positive Aging Conference Agenda

April 17, 2026

8:00am	Doors open for continental breakfast and visit exhibitors
9:00am	Welcome- Dr. Deborah Lee, Director, Positive Aging Consortium
9:20am	Keynote address- "Aging Gracefully" to "Aging Powerfully:" Strategies for Healthy Aging, Cathy Maxwell, PhD, RN, FAAN, Robert L. and Joyce T. Rice Presidential Endowed Chair in Healthy Aging, University of Utah
10:20am	Break
10:40am	Breakout Session #1 (10:40am – 11:40 am) All Sessions Repeat in Afternoon Making The Most of Your Money as You Age <i>A practical, encouraging workshop designed to help you use your financial resources with confidence and intention in the years ahead. We'll focus on smart choices that support independence, peace of mind, and the freedom to enjoy life on your terms.</i> <i>Dr. Keith Gamble, Weatherford Chair of Finance, MTSU and Kevin Fehr, President & CEO, Amada Senior Care</i> Strategies to Maintain a Healthy Brain and Body <i>Session attendees will learn about the relationship between physical activity and brain health, including discussion about which physical activities have the biggest impact on cognition. Attendees will learn about physical activity recommendations and practical tips to incorporate more activity into their daily routine.</i> <i>Jenny Kim, Professor, Vanderbilt University School of Nursing</i> Artificial Intelligence (AI): What Is It, How You Can Use It, and Identifying Scams <i>This presentation introduces artificial intelligence (AI) by explaining what it is in clear, practical terms and highlighting ways it can be safely and effectively used in everyday life. It also helps participants recognize common AI-related scams and red flags, empowering them to use technology with confidence and caution.</i> <i>Todd O'Neill, Associate Professor, Journalism and Strategic Media, MTSU</i> Empowering Communities for Longevity: Strategies from Blue Zones and Beyond <i>This session focuses on social connection and belonging, healthy food environments, active living, substance use prevention and recovery, and age-friendly environments—offering a practical roadmap to empower longevity and total health across Tennessee communities.</i> <i>Dr. Emma Davis, Chronic Disease Program Director III, TN Dept of Health</i>
11:50am	Lunch and Speaker (at the beginning of lunch, 20 minutes) Age-Friendly Cities and Communities- How They Promote Positive Aging Mia McNeil, Esq., TN State Director, AARP Visit exhibitors
1:15pm	Breakout Session #2 (1:15pm – 2:15 pm) Sessions Repeat from Morning Listings Above
2:30pm	Evaluation and final door prizes in the atrium
3:00pm	Adjourn

Door prizes will be awarded throughout the day