



Positive Aging Consortium  
presents  
**POSITIVE AGING  
CONFERENCE**

**April 17, 2026**

**9:00 a.m. – 3:00 p.m.**

at MTSU's Miller Education Center,  
503 East Bell Street

*Plan to arrive early to view exhibits  
and pick up your packet*

For conference updates and  
registration, visit **[mtsu.edu/pac](https://mtsu.edu/pac)**.

**Registration is now open.**

**MIDDLE  
TENNESSEE**  
STATE UNIVERSITY.

I AM *true* **BLUE**

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**Featuring  
keynote speaker**

**Cathy Maxwell**

Ph.D., RN, FAAN,  
Robert L. and Joyce T. Rice  
Presidential Endowed Chair  
in Healthy Aging,  
University of Utah

“Aging Gracefully” to “Aging  
Powerfully”: Strategies for  
Healthy Aging

**Additional speakers  
will present:**

Making the Most of Your  
Money as You Age

Strategies to Maintain a  
Healthy Brain and Body

Artificial Intelligence (AI):  
What Is It, How You Can Use It,  
and Identifying Scams

Empowering Communities  
for Longevity: Strategies from  
Blue Zones and Beyond

Age-Friendly Cities and  
Communities—How They  
Promote Positive Aging