

**SOUTHERN
REGIONAL AHEC**

PART OF NC AHEC



**MID-CAROLINA
REGIONAL COUNCIL**



SAVE THE DATE

Aging Gracefully: Empowering Individuals Across the Lifespan

Wednesday, August 26, 2026 • 9 a.m. - 3 p.m.

Location: Southern Regional AHEC, 1601 Owen Drive, Fayetteville, NC 28304

SAVE THE DATE

Aging Gracefully: Empowering Individuals Across the Lifespan

Aging Gracefully: Empowering Individuals Across the Lifespan is a multidisciplinary conference designed to equip healthcare professionals, community partners, caregivers, and individuals interested in working with older adults with the knowledge and tools needed to support individuals across the aging continuum. This conference serves as both an educational and networking opportunity for anyone currently working or interested in working with older adults. This engaging, in-person event will address key topics impacting older adults and those who care for them, including the identification and management of dementia and Alzheimer's disease, the connection between oral health and whole-person wellness, strategies for workforce development and digital navigation, and approaches to bridging generational gaps in care and communication. Through expert-led sessions and collaborative dialogue, participants will gain practical insights to enhance care delivery, strengthen support systems, and promote healthier, more connected communities.

Target Audience

This program is designed for healthcare professionals, including physicians, nurses, dentists, social workers, and allied health providers, as well as community partners, direct care staff, and family caregivers who support aging individuals and are interested in enhancing their knowledge and skills in dementia care, whole-person wellness, workforce development, digital navigation, and intergenerational communication.

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