8:00-9:00 Continental breakfast and visit exhibitors (no onsite registration is available)
9:00-9:10 Welcome - Dr. Deborah Lee, Director, Positive Aging Consortium
9:10-9:20 Opening remarks from MTSU - President Sidney McPhee or Provost Mark Byrnes
9:20-9:50 Tennessee Age-Friendly Health Systems - Dr. Ralph Alvarado, Commissioner, Tennessee Department of Health
9:50-11:00 Keynote - Growing Older with Enthusiasm – A Conversation on Positive Aging
Dr. Ron Aday, MTSU Faculty Emeritus
11:15-12:30 Lunch and visit exhibitors
11:30-11:45 Mature Realities
Lt. General Keith Huber, U.S. Army (retired), Senior Advisor for Veterans and Leadership Initiatives, MTSU
12:30-1:30 Breakout Sessions
• A Whole Health Approach to Mental Health (Veteran focused) - Keith Prather
• Nutrition and Brain Building Activities - Dr. Janet Colson and Dr. Pamela Morris
• What you Need to Know About Opioid Use & Aging - Dr. Jim Powers and Dr. Kimberly Beiting
• Social Eating: Eating with Others Can Benefit Overall Health. Keita Cole, and,
  Eat, Thrive, Age Well: Bridging the Gap with Anti-Inflammatory Mediterranean Mastery, Dr. Elizabeth Smith
1:30-2:00 Break and visit exhibitors
2:00-3:00 Breakout Sessions
• Understanding VA Benefits for Home Care Assistance - Kevin Fehr
• Lessons for Everyday Living from the Blue Zones Research – Dr. Amanda Cook
• Staying Healthy Longer: Innovative Strategies - Dr. Cathy Maxwell
• Using Technology to Stay Connected and Independent - Kim Lilley and Jennifer Cunningham
3:00-3:30 Door prizes and evaluations