

The Third

Vital Aging

Passion, Purpose & Pleasure

Thursday, June 7, 2012

9 a.m.-3 p.m.

Cartwright Center, UW-La Crosse

Join us at 8 a.m. for "Ageless Grace" exercise session

\$25, lunch and refreshments included

608.785.6502 or 1.866.895.9233 | www.uwlax.edu/conted/vitalaging

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Keynote Speakers



Susan T. Hessel, *Personal Historian And Board Member of the Association of Personal Historians*

Hessel found her passion, purpose and pleasure in personal history after a long career as a La Crosse Tribune reporter turned free-lance writer. She calls her personal history, business lessons from life because she believes we all have much to share with future generations from what we've learned in life. Hessel has written dozens of memoirs, family histories, organizational and business histories, including *A History of La Crosse in the 21st Century*, co-written with Gayda Hollnagel.



Mark Skeie, *Executive Director, Vital Aging Network*

Skeie retired from 3M after more than 34 years, where he held a variety of management positions. He is the past chair of the Executive Director of the Vital Aging Network and a board member of the Metropolitan Area Agency on Aging, RSVP, Conservation Corp Minnesota. In addition he is chair of Age4Action steering committee out of Washington, DC. Skeie founded MYR Inc., a non-profit organization with the mission of helping individuals and organizations prepare for healthy, active, and productive retirement.



Tom Thibodeau, *Associate Professor, Religious Studies, Director of M.A. in Servant Leadership at Viterbo University.*

Thibodeau, a popular professor, talented public speaker, and active community member, lives by what he calls the 11th commandment – thou shalt not stand idly by.

Expand Your Mind Strengthen Your Body Refresh Your Spirit Discover the Possible