

KSEA Senior Forum Series

Welcome to our KSEA Senior Forum Series! Our goal is to provide KSEA seniors with a safe and supportive space to come together, learn from each other, and share experiences. We will be hosting monthly forums focusing on topics relevant to seniors, such as health and wellness, finances, and social activities. Our forums are open to the public, and we invite KSEA seniors of all ages and backgrounds to join us.

Topics

- **Finances:** We will discuss how to manage money, budgeting, and retirement planning.
- **Sharing:** We will discuss how and where to share our wealth, talents, and time.
- **Health and Wellness:** We will discuss topics such as exercise and nutrition, healthy aging, and mental health.
- **Technology:** We will discuss how to use technology to stay connected, stay informed, and access services.
- **Education:** We will discuss ways to continue learning and growing, as well as ways to take advantage of educational opportunities.
- **Social Activities:** We will explore ways to stay connected with friends and family, as well as ways to find and participate in community activities.
- **Self-Care:** We will explore ways to practice self-care, including relaxation techniques and stress management.

Thursday, MARCH 30th, 2023
(virtual)

8:00 - 10:00 PM ET

Welcome Young-Kee Kim

Joy of Learning and Sharing Sung-Kwon Kang

Discussion Hong Thomas Hahn

President



Young-Kee
Kim

Speaker



Sung-Kwon
Kang

Moderator



Hong T Hahn

Any questions can be sent to itm@ksea.org

