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Alice in Dairyland to Keynote Senior Lifestyles Conference

Betsy Francoeur, Wisconsin's 57th Alice in Dairyland, will keynote the 13th annual Senior Lifestyles Conference and present a morning workshop featuring history, recipes and samples of Wisconsin made cheeses. The conference, sponsored by the Waukesha County Department of Senior Services and the Commission on Aging, and co-sponsored this year by ProHealth Care, will take place on October 18, 2004 at the Country Inn.

Larry Hisle, former Milwaukee Brewer player and current Milwaukee Brewer Manager of Youth Baseball Programs, will discuss his baseball memories in an afternoon workshop. Also scheduled to present in the afternoon are Detective Brad Schuenemann and Braun, who will demonstrate some of the capabilities of the Waukesha County Sheriff's Department Canine Support Unit. Other scheduled workshops include Personality Types, Practical Eating, Women and Family Finances, Standing Yoga, Finding the Joy in Living, Planning for Long Term Care, Remember What You Forgot and Exercises without Having to Wear Spandex. Waukesha County Public Health Division will offer flu and pneumonia shots for seniors attending the conference and forty-three exhibitors will offer information on contemporary senior issues and interests.

The conference runs from 7:45 AM to 2:50 PM. Registration fee is a \$13.00 donation which includes conference workshops, morning coffee and rolls, lunch and door prizes donated by area organizations and businesses.

Pre-registration by October 4 is required. Early registration is advised as the conference has been at capacity for the last two years. Registration brochures and additional information are available from the Waukesha County Department of Senior Services, telephone (262) 548-7848.