

Annual Meeting Announcement for Homepage

Dear GSRA members,

The 2025 GSRA Annual Meeting will be held on October 27 and 28, 2025, at the Robert F. Hatcher Conference Center on the Middle Georgia State University campus in Macon. REGISTRATION IS NOW OPEN!!

You have two ways to register. One, by clicking on this [LINK](#) and registering on-line. Two, click on this link, print the registration form, complete it and send it, along with your registration fee, to:

GSRA
PO Box 6308
Elberton, Ga. 30635

A word about the registration fee. Regrettably, GSRA had to increase the registration fee to \$35 this year. We lost two of our major sponsors from last year who provided funds for the reception and the cost of the facility. We kept the increase as small as possible while still making the Annual Meeting feasible for our budget.

This year we will open with our keynote speaker, Michael L. Thurmond. On Monday, October 27 at 12:15. Then you will have five workshops, from which you choose two. Below is a brief synopsis of each workshop:

- Wellness and Nutrition - Healthy Nutrition for Optimal Aging. Gain a basic understanding of nutrition and the vital role it plays in aging optimally for a vibrant and active older adult lifestyle. Presented by Kathryn Malone of Sliver Sneakers
- Caregiving – Different aspects of caregiving, presented by Wallace White of AARP
- Legal/Financial Affairs, - Wills, trusts, advanced directives and estate planning. Presented by Hays McQueen of the law offices of James Bates Brannan Groover
- Cybersecurity and Trends in AI – Stay safe online and discover the magic of AI in our fun, interactive workshop designed for retirees! Learn how to spot scams, create strong passwords, and understand some popular AI tools - all in a friendly, easy-to-follow setting. No tech experience needed! Join us to boost your confidence in the digital world.
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- Protecting Your Nest Egg – Smart practices with retirement assets, presented by Debbie Scarborough and Cristin Cochran of AMBA.

Remember to register by September 15, 2025 to avoid a late fee. Better yet, register today! Thank you and see you in Macon on October 27.