



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 [HERE](#) and registering on-line. Two, click [HERE](#), 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 have five workshops, from which you will 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 – Keep yourself safe on-line and learn about Artificial Intelligence, presented by Kembley Lingelbach, PhD, Associate Professor,
Department of Information Technology, Middle Georgia State University
- 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.

