

# Live. Learn. Connect. Vital Aging 2020



It is said, the best way to predict the future is to create it! What are YOU doing to ensure your life is filled with vitality, vigor, and vision? Join AARP for our 2020 Vital Aging Conference. Enjoy thought provoking keynotes from leaders working to shape the future of aging. Get information, tools, and inspiration to design the life you want. This year, the entire conference is being offered virtually.

**Tuesday, Nov 10**

**Wednesday, Nov 11**

**Thursday, Nov 12**

**Online event**

Your laptop, tablet, or smartphone

**Register and learn more about sessions and speakers:**

<https://aarp.cvent.com/vitalaging2020>

## Daily Keynotes Sessions: Design Your Life: Re-imagine Our Future

The future of aging is YOU! Learn about the latest research on life transitions, how cognitive bias can impede our adaptability and ability to age well. Get actionable tools and strategies to harness your creativity and live your best life.



**Deborah Jordan**

Senior Design Thinker  
AARP Innovation Labs



**Dr. Alison Bryant**

Senior Vice President  
AARP Research



**Tim Carpenter**

Founder & Executive Director  
EngAGE



**Ruby Haughton-Pitts**

State Director  
AARP Oregon

## Technology Innovations In Our Homes and Communities

From autonomous vehicles, smart cities, and smart home technologies from apps to robots - hear from national thought leaders about how technology advances change the future of aging at home and in our communities.



**Tom Kamber**

Founder & Executive Director,  
Older Adults Technology Services



**Wendy Rogers**

PhD, Professor,  
University of Urbana-Champaign



**Nico Larco**

Professor & Director,  
University of Oregon,  
Urbanism Next Center



**Liz James**

Livable Communities Volunteer  
Leader, AARP Oregon

**Other topics:** Advances in brain and aging research, caregiving, livability and age-friendly communities, disaster recovery and more. Enjoy music, yoga, and trivia. Pick your sessions and connect with others. **This is a FREE virtual event.**