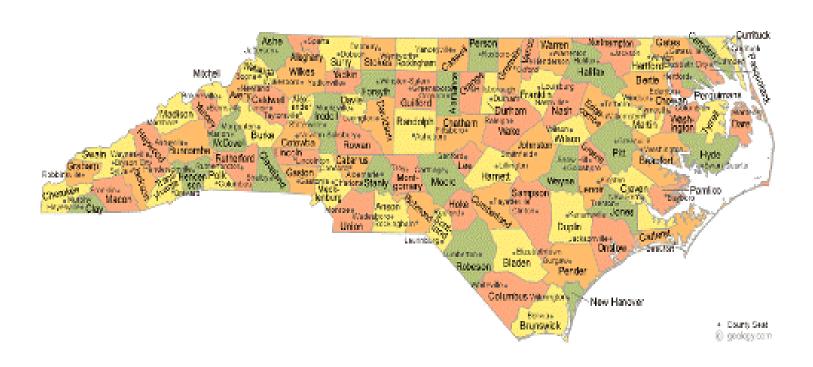
"After Further Review" -Adventures in Aging and Athletics

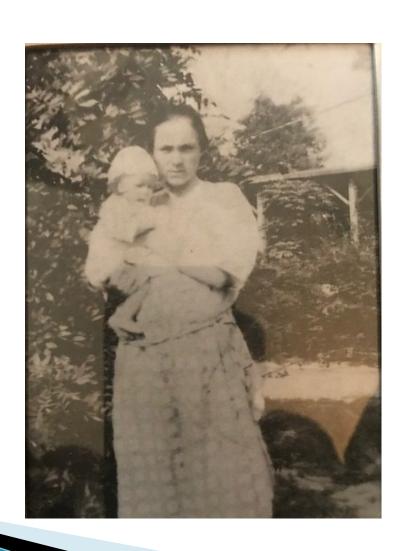
"Tackling Aging" at the Centralina Conference:
Brad Allen, North Carolina Senior Games, Inc.
March 28, 2025

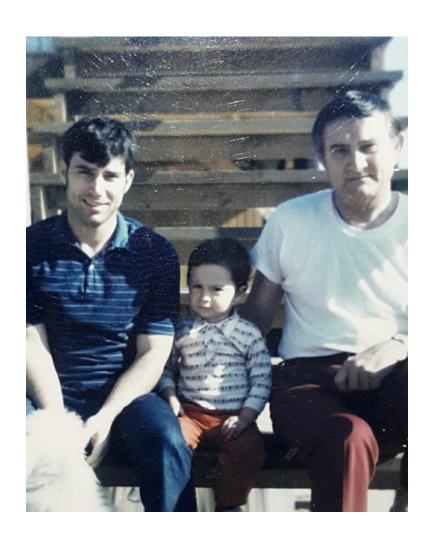
Some Objectives

- Thoughts on "The Adventure!"
- Parallels Between Vocation and Avocation
- Lessons Learned and Input Offered
- "There's A Flag!"
- Working Together for OUR Future....









There is POWER in Aging Programs!



Not JUST a Job....



Be Inspired Daily!



Be Inspired Daily!



Be Inspired Daily!



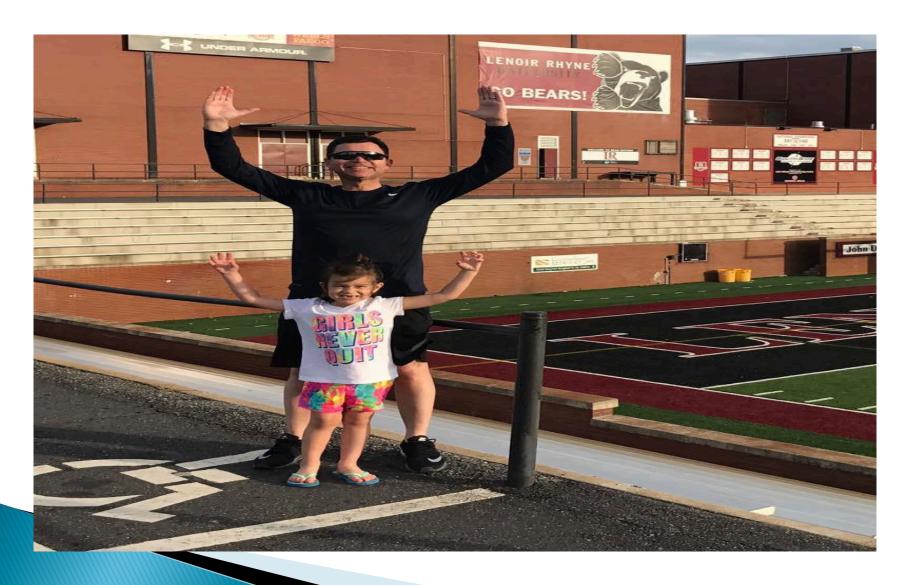
Not JUST a Job.....



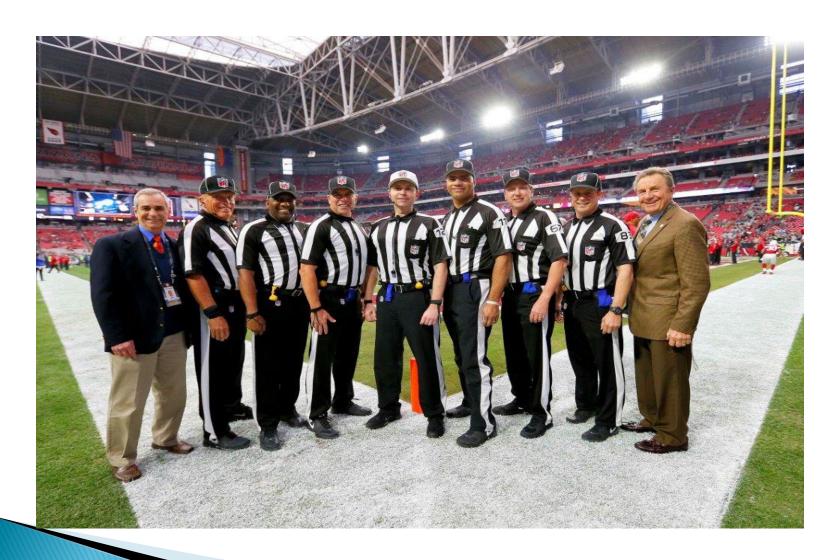
"The Job" Never Ends...



Opportunities You Don't Expect...



Our Crew



Our Crew



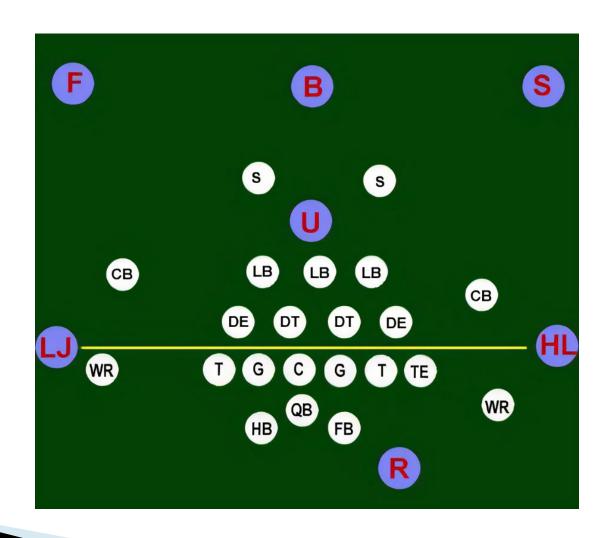
Storm Clouds Are Inevitable...



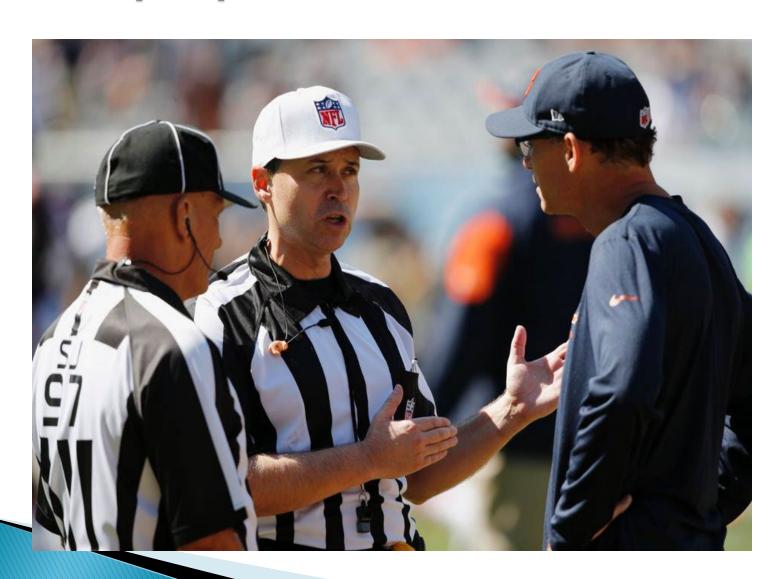
Challenges Await!



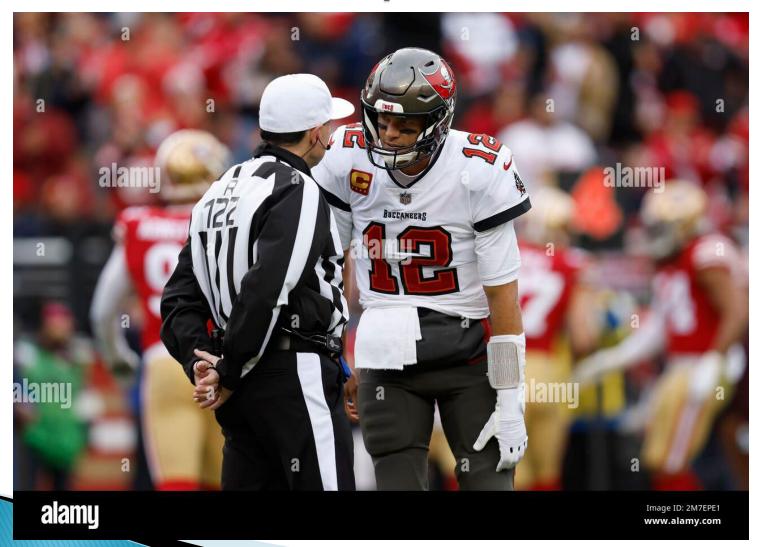
Working "Short-Handed"



Rely Upon Your "Network"



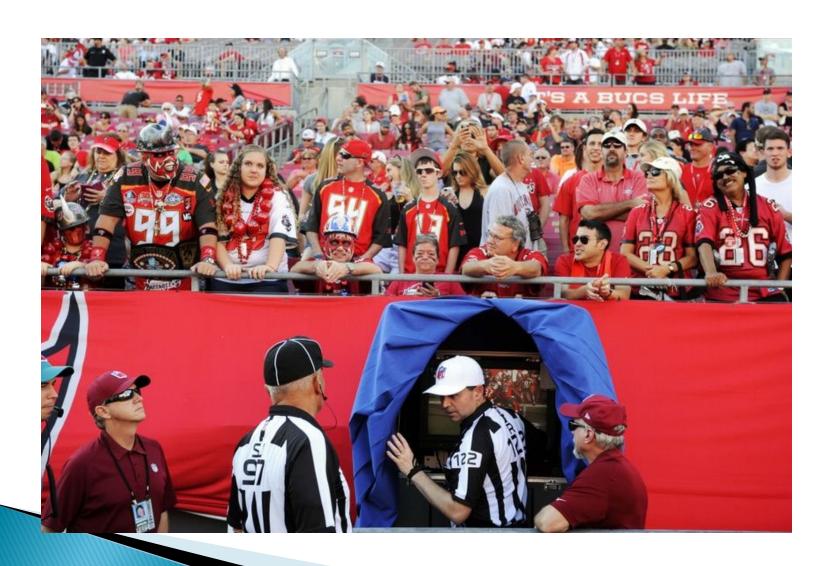
Remember How You Speak To People!



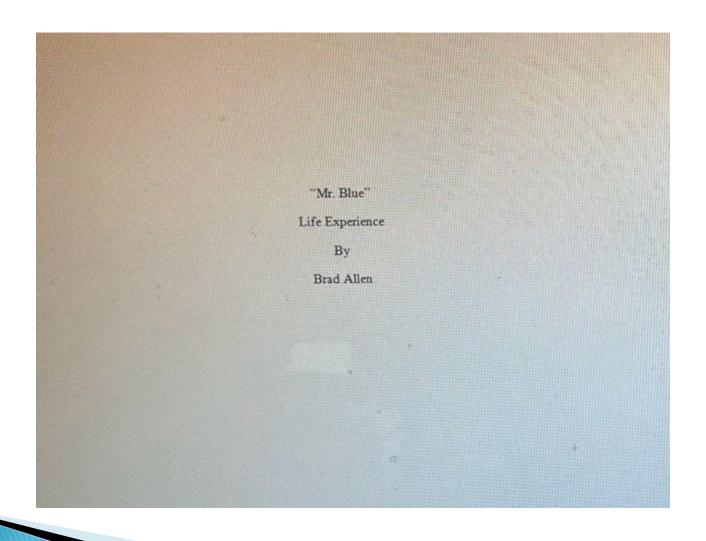
Expect the Unexpected



Recognize (And Correct) Mistakes!



The Adventure Continues...



Appreciate Your TRUE "Crew!"



"After Further Review..."

- Embrace the journey of "Aging!"
- Understand the value of YOUR story!
 - Take care of yourself!
- May your ADVENTURE continue in health and happiness!!