



# You're Invited

## Spring Conference

Thursday | April 13, 2023  
8:30 a.m.–3:00 p.m.

Blue Ridge Community College  
Blue Ridge Conference Hall  
48 East Campus Drive  
Flat Rock, NC 28731

# REGISTRATION



There is no cost to attend the 2023 **Spring Conference**. Please register online or call 800-356-1190 for assistance.

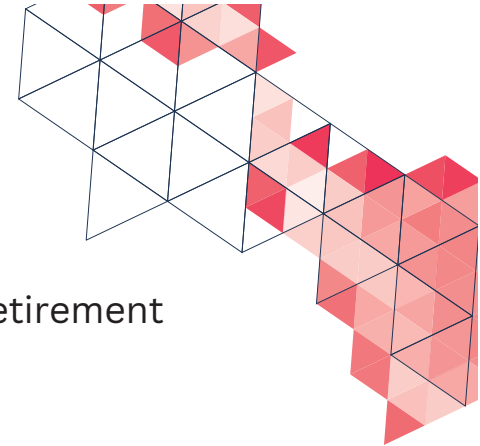
Using the camera app on your smartphone, scan the QR code to access online registration or go to [www.tinyurl.com/5d83xf3c](http://www.tinyurl.com/5d83xf3c).

You may bring one guest with you to this event.

~ Space is limited ~

**Please register by March 27, 2023.**

# AGENDA



Join us for a day of expert sessions on your health and retirement plans, optional wellness workshops, and more.

**8:30–9:45 a.m.**

**Registration, Continental Breakfast, Beverage Station**

Connect with friends and event sponsors.

**9:00–9:45 a.m.**

**Battling the Aging Brain Presented by Humana**

Limited seating, pre-register online.

**10:00 a.m.–3:00 p.m.**

**Conference Programming**

Speakers from the State Health Plan, BlueCross BlueShield of NC, Humana, Aetna, and a catered lunch.