

# KSEA Senior Forum Series

Welcome to our KSEA Senior Forum Series! Our goal is to provide KSEA seniors with a safe and supportive space to come together, learn from each other, and share experiences. We will be hosting monthly forums focusing on topics relevant to seniors. Our forums are open to the public, and we invite KSEA seniors of all ages and backgrounds to join us.

**Thursday, Apr 25<sup>th</sup>, 2024 (virtual)**

**8:00 - 10:00 PM ET**

**[Zoom Link](#)**

## Topics

- **Finances:** We will discuss how to manage money, budgeting, and retirement planning.
- **Sharing:** We will discuss how and where to share our wealth, talents, and time.
- **Health and Wellness:** We will discuss topics such as exercise and nutrition, healthy aging, and mental health.
- **Technology:** We will discuss how to use technology to stay connected, stay informed, and access services.
- **Education:** We will discuss ways to continue learning and growing, as well as ways to take advantage of educational opportunities.
- **Social Activities:** We will explore ways to stay connected with friends and family, as well as ways to find and participate in community activities.
- **Self-Care:** We will explore ways to practice self-care, including relaxation techniques and stress management.

## Celebrating the Life, Career, and Friendships of Dr. Yong Nak Lee

Join us for a special Forum dedicated to honoring the esteemed Dr. Yong Nak Lee, the 10<sup>th</sup> President of KSEA. This event is an opportunity for us to come together and celebrate the remarkable life, brilliant career, and cherished friendships of Dr. Lee.

Program Highlights are an introductory comment by Dr. Yong Nak Lee, Interviews with Dr. & Mrs. Lee, Story Sharing Session by Guest Speakers, and Q&A Free Discussion.

Guest speakers include **Dr. Chan-Mo Park, Dr. Kun Sup Hyun, Dr. Moon Won Suh, Dr. Hong Taik Hahn, Dr. Sung-Kwon Kang, Dr. Kang-Wook Lee, Dr. Chueng-Ryong Ji, Dr. Jae-Hoon Kim,** and more.

Please join us as we pay tribute to Dr. Lee's legacy and the impact he has made on our lives and the scientific community. Your presence and memories will make this event truly special. We look forward to celebrating with you!

**Dr. Yong Nak Lee** is a distinguished mechanical engineer who earned his bachelor's degree from Seoul National University in 1952 and completed his Ph.D. in Mech Eng at the University of Illinois in 1969. He began his professional journey at the Borg-Warner Research Center in 1970. Throughout his career, Dr. Lee served many leadership positions within KSEA, including the 10<sup>th</sup> President in 1981. He later founded HTRD Ltd, showcasing his expertise in research and development.

**Speaker**

**Moderator**



Yong Nak Lee



Sung-Kwon Kang

Any questions can be sent to

**[itm@ksea.org](mailto:itm@ksea.org)**

