



University of Kentucky  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

# Healthy Aging

All sessions will be held at 1 PM

**September 20th: Chapel:** Stay Happy and Healthy

**October 18th: Friendship:** The Importance of Balance

**November 15th: Chapel:** Stroke Awareness

**December:** No Lesson

**January 17th: Friendship:** Personal Safety/Educate before  
you Medicate

**February 21st: Chapel:** Taking Care of your Heart

**March 21st: Friendship:** Oral Health and You

**April 18th: Chapel:** Depression in Older Adults



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.