



KEYS TO EMBRACING AGING 101

Amy F. Hosier, Assistant Professor of Family Sciences, University of Kentucky
 LaVona S. Traywick, Associate Professor of Gerontology, University of Arkansas
 Erin Yelland, Doctoral Student, Family Sciences, University of Kentucky

July 5, 2016– Chapel House

POSITIVE ATTITUDE

August 2, 2016– Friendship House

EATING SMART AND HEALTHY

September 6, 2016-Chapel House

PHYSICAL ACTIVITY

October 4, 2016– Friendship House

BRAIN ACTIVITY

November 1, 2016-Chapel House

SOCIAL ACTIVITY

December 6, 2016-Friendship House

TUNING IN TO THE TIMES

January 3, 2017– Chapel House

SAFETY

February 7, 2017– Friendship House

KNOW YOUR HEALTH NUMBERS
and STRESS MANAGEMENT

March 7, 2017– Chapel House

FINANCIAL AFFAIRS

April 4, 2017– Friendship House

SLEEP

No Lesson in May

June 6, 2017 Friendship House

TAKING TIME FOR YOU

All sessions are the 1st Tuesday of each month at 1:00pm by Carter County Family and

Consumer Sciences Agent, Whitney Morrow

Prizes and reinforcement items will be given out at each session

Contact the Carter County Extension office for more information at 474-6686



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