



# KEYS FOR EMBRACING AGING

What you do today influences your future. Learn how to take care of yourself now to embrace aging and grow gracefully, successfully, and with increased longevity.

**KEYS FOR EMBRACING AGING** is a free 11-part series designed to help aging adults develop strategies for taking care of themselves through the years. Attend all 11 sessions, or simply drop in on the sessions that fit your schedule. By the end of the year, you'll be physically and mentally ready to embrace aging with open arms.

**POSITIVE ATTITUDE**  
JANUARY 10

**TUNING IN TO THE TIMES**  
MAY 2

**STRESS MANAGEMENT**  
SEPTEMBER 5

**PHYSICAL ACTIVITY**  
FEBRUARY 7

**EATING SMART AND KNOW YOUR NUMBERS**  
JUNE 6

**FINANCIAL AFFAIRS**  
OCTOBER 3

**BRAIN ACTIVITY**  
MARCH 7

**SAFETY**  
AUGUST 1

**SLEEP**  
NOVEMBER 7

**SOCIAL ACTIVITY**  
APRIL 4

**TAKING TIME FOR YOU**  
DECEMBER 5

Each of these programs will be held from 10-11:30 a.m. at the Champaign County Extension Auditorium (801 N Country Fair Dr, Champaign). Find full descriptions of each session at [go.illinois.edu/Keys](http://go.illinois.edu/Keys).

**REGISTER AT [GO.ILLINOIS.EDU/KEYS](http://GO.ILLINOIS.EDU/KEYS)**

