



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 12-part series designed to help aging adults develop strategies for taking care of themselves through the years. Attend all 12 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
MARCH 25

SOCIAL ACTIVITY
APRIL 22

**STRESS
MANAGEMENT**
SEPTEMBER 16

EATING SMART
APRIL 1

**TUNING IN TO
THE TIMES**
APRIL 29

FINANCIAL AFFAIRS
SEPTEMBER 23

PHYSICAL ACTIVITY
APRIL 8

SAFETY
SEPTEMBER 2

SLEEP
SEPTEMBER 30

BRAIN ACTIVITY
APRIL 15

**KNOW YOUR
NUMBERS**
SEPTEMBER 9

**TAKING TIME FOR
YOU**
OCTOBER 7

Each of these sessions will be held from 10-11:00 a.m. CST online via Zoom. You will receive an email after you complete your registration with information on how to join each session. Find full descriptions of each session at go.illinois.edu/agingkeys

REGISTER AT GO.ILLINOIS.EDU/AGINGKEYS