

Quarterly Companion

AROUND THE TABLE

A helping hand for aging well

Many older adults who are homebound or missing a family or caregiver support network may find it difficult to access trusted resources that encourage happy, healthy aging and enhance their quality of life.

Inspire and engage older relatives, residents, friends, and neighbors who have limited access to healthy-living information by sharing the **Quarterly Companion** newsletter from University of Illinois Extension.



Each free issue features

- Quick reads on nutrition, family, and finances
- Tips for healthy living
- Brain-engaging activities

Receive Quarterly Companion by subscribing at go.illinois.edu/GetQC. Once every three months, you can expect to see a new free issue! Download, print, and share this free resource as outreach to support your community.

COLLEGE OF AGRICULTURAL, CONSUMER, AND ENVIRONMENTAL SCIENCES

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.
University of Illinois Extension provides equal opportunities in programs and employment.

©2021 University of Illinois Board of Trustees. For permission to reprint, revise, or otherwise use, contact extension@illinois.edu.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN