We are all aging, but whether we do so gracefully is up to you!

Join K-State Research and Extension, Sunflower District to learn 12 keys that can help you grow old successfully and with increased longevity.

No matter your age, you can take steps now to age well into the future.

Starting on Thursday, April 7th at 3:00 p.m. (M.T.) 1 hour zoom sessions, will end on June 23.

All are welcome!

Keys to Embracing Aging is an interactive program that highlights 12 keys aimed at helping you to grow old gracefully, successfully, and with increased longevity. This program will influence attitude, nutrition, physical activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.

I know my own experience with my parents was partially with Dementia and so personally I would like to do what I can during my life and aging process to make my life better.

There are 12 keys (lessons) in the program. You will need to sign up for the program by calling the Sunflower Extension District in your own county or you can call my office at 785-852-4285 or email: mdaily@ksu.edu.

We will do one lesson per week for 12 weeks. I know that seems like a long time, but it will be worth your time. There will be a handout every week on our web-site at: www.sunflower.k-state.edu/fcs. Once you have signed up I will be able to email you the handouts as well.

We will have sessions every week on Thursdays at 3:00 p.m. (M.T.) via zoom meetings. These sessions will be recorded for those that are not able to attend at that time. At the end of every lesson there will be an evaluation that I would appreciate you filling out and returning it to me. I will be posting on Facebook reminders for the program.