

OPTIMAL AGING MONTH



SEPTEMBER 2019

MONTH EVENTS

Event Information at
www.tragerinstitute.org/sept

As I
Age, I
Dare
to...

What do you #DaretoDo as you age?
Take a photo with your answer and
share with us at @TragerInstitute!



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INSTITUTE

**First Day! Republic Bank
Foundation Optimal Aging Clinic**
09/03 | Make an Appointment Today!

**Gold Standard of Optimal Aging
Honoree Recognition Luncheon**
09/06 | Reservations Required

Walk to End Alzheimer 's
09/07 | Join Our Walking Team!

**Advance Care Planning
Conversation**
09/09 | Henry Christian Church

**Older Adults Caregiver Support
Group (OACS) Meeting**
09/10 | Launch of monthly meetings

Beer with a Scientist
09/11 | Dementia & Brain Health Research

Mental Health & Aging Symposium
09/17 | CEUs available

Project ECHO: Care of Older Adults
09/20 | Project ECHO session starts

**Age-Friendly Louisville Community
Progress Report & Guest Speaker**
09/26 | Local and national status update

**Call for Proposals!
2020 Optimal Aging Conference**
09/30 | Submit your presentation today

MONTH-LONG EVENTS

Public Library Events
09/14 | Medicare Edu. at Oldham Co. Library
09/28 | Health Fair at Oldham Co. Library
ALL MONTH: New Albany Floyd Library

County Health Walks
09/07 | BRADD Health Walk
09/07 & 14 | Henry County Walks

Assisted Living Facility Events
Join Presbyterian Homes all month for events

AGING IS AN OPPORTUNITY

This month raises awareness for the importance of optimal aging, a new understanding of the aging process in which intergenerational, compassionate communities have all the resources available for people to lead physically, socially, and emotionally healthy lives.

WWW.TRAGERINSTITUTE.ORG/SEPT