

2023 ANNUAL LESSON SERIES

Lesson on Men's Health – Holly Miner, Extension Agent / Londa Nwadike, Food Safety Specialist / Bradley Dirks, Associate Director for Physician's Assistant Program / Tandy Rundus, Extension Nutrition Program Specialist

Men's health: A guide to living long, strong, and well was published in 2006. The guide will be reviewed, updated, and added to for current information. Additionally, specific information related to preventative tests will be included in the updated guide.

Healthy Body, Health Brain – Sharolyn Jackson, Regional Specialist / Lori Wuellner, Extension Agent

Healthy minds live in healthy bodies. Through this lesson, we will explore how healthful lifestyle habits benefit your body AND your brain. Learn how having a healthy heart supports brain function as you age; how an excessive amount of sugar in your diet affects your brain; how exercise, or lack of, impacts brain health; and how adequate quality sleep restores brain function.

We'll also explore the MIND diet; provide recommendations on the type, and amount, of exercise that is best for your brain; and offer tips for getting restorative sleep.

Make Active Habits Stick – Sharolyn Jackson, Regional Specialist

We can all list reasons why regular physical activity is good for our health. Along with that, we can probably come up with an even longer list of barriers to exercise.

In this lesson, we start by helping you identify your "why" for physical activity – what drives you to want to be more active? Then, we'll tackle some of those barriers while helping you create new habits and routines to make change stick. Learn to love an active lifestyle knowing that the best physical activity is the one you will actually do!

Promoting Aging Friendly Communities – JoEllyn Argabright, Regional Specialist

The US population is aging and many communities are fostering an increased interest in community efforts that promote aging in place.

This lesson outlines existing community aging-friendly initiatives and the roles/opportunities that various sectors (public, non-profit, private) can play in their development.