Age Well is a virtual learning series hosted by K-State Research & Extension. 6 programs will be provided over a period of three days in March, April and May. Sessions will be hosted via Zoom and can be viewed in your home or in a group setting at one of our watch sites.

March 22, 2022 10:00 am - 11:30 am

Mental Health Fitness
Join Kym Hargrove from SE Kansas Mental Health and learn about healthy mental lifestyles.

Stay Strong Stay Healthy
Join K-State Research & Extension’s Chelsea Richmond for some great fitness tips!

April 26, 2022 10:00 am - 11:30 am

Fire Safety in Your Home
Join Ottawa Fire Department's Mike Wilson to learn how to keep your home fire safe!

Communication Across the Ages
Join Jeanette Rogers from SE Kansas Mental Health for tips on positive family communication.

May 24, 2022 10:00 am - 11:30 am

Avoiding Costly Mistakes
Join Tom Lasley from Kansas Legal Services for great advice on transferring your assets.

Cooking for 2 or Just You!
Join Beverly Burke and Gayle Plummer, Master Food Volunteers, for some great tips & tricks!

For more details on each session, please check out the back of this flyer.

Register online at https://tinyurl.com/AgeWellSeries to receive the link for the event.

If you are unable to connect virtually, join us at this watch site.

Call 913-294-4306 to find a site near you!
### Session Information

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 22, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Mental Health Fitness</td>
<td>Anxiety, depression and loneliness can have a negative impact on physical and mental health. Learn how to recognize the early signs of mental health issues, how to practice mindfulness, coping skills and ways to adopt a healthy mental lifestyle. Speaker: Kym Hargrove, Southeast Kansas Mental Health Center</td>
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<td>April 26, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Stay Strong Stay Healthy</td>
<td>Come and learn about K-State Research &amp; Extension’s eight week strength training program designed to help improve health and quality of life through simple exercises that are focused on strength, balance and flexibility. Speaker: Chelsea Richmond, FCS Agent, K-State Research &amp; Extension</td>
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<tr>
<td>May 24, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Fire Safety in Your Home</td>
<td>Fire safety goes beyond just checking your smoke detectors two times a year. In this session you will learn about potential fire hazards and how to make your home a safe place to live! Speaker: Mike Wilson, Fire Prevention Coordinator, Ottawa Fire Department</td>
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<tr>
<td>May 24, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Communication Across the Ages</td>
<td>Positive family communication is essential across the lifespan. In this session you will learn about the impact of positive interactions with adult children and other family members concerning our wishes, goals and care as we age. Speaker: Jeanette Rogers, LMLP, Southeast Kansas Mental Health Center</td>
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<tr>
<td>May 24, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Avoiding Costly Mistakes</td>
<td>A last will and testament may not do all you think it does. Join us to learn about easy ways to avoid costly mistakes regarding the distribution of your assets and how to avoid probate procedures. Speaker: Tom Lasley, Attorney, Kansas Legal Services</td>
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<tr>
<td>May 24, 2022</td>
<td>10:00 am - 11:30 am</td>
<td>Cooking for 2 or Just You!</td>
<td>Struggling with the challenges of preparing meals for just one or two? With a little thought and planning; healthy, delicious and simple to prepare meals are easier than you think! We’ll share tips for easier planning, shopping and food preparation! Speakers: Beverly Burke &amp; Gayle Plummer K-State Research &amp; Extension Master Food Volunteers</td>
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