

# OPTIMAL AGING MONTH



SEPTEMBER 2019

MONTH EVENTS

Event Information at  
[www.tragerinstitute.org/sept](http://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!



**U OF** TRAGER  
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 | Shelby County Walk  
09/07 | Oldham County Walks  
09/07 & 14 & 21 | Henry County Walks  
09/28 | Spencer County Walk

**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](http://WWW.TRAGERINSTITUTE.ORG/SEPT)