



Calendar of Events

SEPTEMBER 2016

For event information & registration visit www.OptimalAgingInstitute.org/Sept

Community Events

Saturday 9/3*, 9/10**, 9/17***

County Challenge Walks

Participating Counties:

*Shelby, **Henry, Trimble, Oldham,
Barren/Metcalf/Hart, ***Bullitt

Tuesday 9/6

Kentucky Coalition for Healthy
Communities Meeting

1:00 pm - 3:00 pm

N. Central District Health Department
1020 Henry Clay St. Shelbyville KY

Saturday 9/10

Alzheimer's Association Walk to End
Alzheimer's

Be part of the Institute's team! Visit
www.OptimalAgingInstitute.org/Sept to join!
8:00 am, Waterfront Park

Saturday 9/24

Diabetes Walk:
Step Out Walk to Stop Diabetes
9:00 am, Great Lawn at Waterfront Park

Susie's Cause Health Fair

Colon Cancer Education & Awareness
1:00 - 5:00 pm, Jefferson Mall

Weekly Institute Events

Wednesday 9/14*

Optimal Aging Lecture Series

Join us for a luncheon featuring Valerie Lander
McCarthy, PhD, RN for a presentation on an

intervention that promotes optimal aging for older adults.

*Registration required

11:30 am - 1:00 pm, UofL Alumni Club

Thursday 9/22*

The Digital Experience For Seniors:
An Open Discussion

Facebook, computers, smart phones - oh my!

We want to know what you think about digital
media and technology. *Registration required

2:00 pm - 3:00 pm

UofL Shelby Campus, Burhans Hall, Room 16

Wednesday 9/28

Optimal Aging Lightening Rounds

A participatory session featuring three
interactive presentations on mind, body, spirit
interventions to help people age optimally

12:00 pm - 1:00 pm

Medical School Kornhouser Auditorium

Friday 9/30

Call for Abstracts Opens for
2017 Optimal Aging Conference

Don't miss this chance to share your insights at
the 2017 Optimal Aging Conference, June 11 - 13

#OptimalAgingMonth

www.OptimalAgingInstitute.org/Sept

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING