

By Mayoral Proclamation, September 2017 is

Optimal Aging Month

Spreading Compassion Across Generations

Month of Kindness

In the spirit of this month's theme, *Spreading Compassion Across Generations*, we invite everyone to join Denny & Darrell in being an optimal aging catalyst by performing random acts of kindness to people of any age.

Darrell Griffith

"Dr. Dunkenstein"

Honorary Optimal

Aging Catalyst

Denny Crum

Hall of Fame Coach

Honorary Optimal

Aging Catalyst



Share your moments at:   @ULOptimalAging

#OptimalAgingMonth

OptimalAging@louisville.edu

Event Highlights

The below events are a sampling of the events offered this year. For full listing of events, visit www.OptimalAgingInstitute.org/Sept

Sunday, September 3

Health Fair

9:00am - 1:00pm

Iglesia Anosento Alto

Tuesday, September 5

KCHC Motivational Interviewing

1:00pm - 3:00pm

North Central District

Health Department

Friday, September 8

Gold Standard Award Luncheon*

11:30am - 1:30pm

Crowne Plaza Hotel

*Ticketed Event

Saturday, September 9

Walk to End Alzheimer's

Walk begins at 10:00am

The Great Lawn at Waterfront Park

Thursday, September 14

Entrepreneurs: Louisville's Key
to Economic Development

4:30pm - 8:30pm

NOAH's Event Venue

Friday, September 15

Advocacy Day

Join our [Email List](#) to for new
ways to get involved!

Saturday, September 16

County Walks**

Walks Begin at 10:00am

**Locations in Bullitt County, Henry
County, Metcalfe County, Shelby County,
Spencer County, and Trimble County.

For more information, visit

www.kchcommunities.org/news-and-events

Wednesday, September 20

Optimal Aging Lightning
Rounds: Belknap

12:00pm - 1:00pm

Get Healthy Now Wellness Center

Thursday, September 21

Age-Friendly Panel

Discussion

11:30am - 1:00pm

Wildwood Country Club

Thursday, September 21

Centenarian Celebration

1:00pm - 4:00pm

Beargrass Christian Church

Thursday, September 28

Optimal Aging Lightning

Rounds: HSC

12:00pm - 1:00pm

Kornhauser Auditorium



What is Optimal Aging?

Optimal aging is the ability to flourish throughout one's lifetime. It is a new understanding of the aging process in which people flourish physically, socially and emotionally from birth to death in compassionate intergenerational communities.

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING

Full Calendar of Events

September 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 • Optimal Aging Month Begins	2
3 • Health Fair	4 • Hike, Bike & Paddle	5 • KCHC Motivational Interviewing • Rest & Relax • Waterfront Yoga	6	7	8 • Gold Standard Award Luncheon	9 • Barren County Heart Walk • Walk to End Alzheimer's
10 • Grandparents Rock!	11 • KORU Meditation classes	12 • Relax & Refocus • Waterfront Yoga	13	14 • Entrepreneurs: HEN	15	16 • County Challenge Walks • MDA Muscle Walk
17	18 • KORU Meditation classes	19 • Relax & Refocus	20 • Optimal Aging Lightning Rounds: Belknap • HSC Tai Chi	21 • Age-Friendly Panel Discussion • Centenarian Celebration • Alzheimer Simulations	22	23 • Kentuckiana's Heart Walk • South Central Kentucky Heart Walk
24 • Louisville Kidney Walk	25 • KORU Meditation classes	26 • Relax & Refocus • Senior Summit with Andy Beshear	27	28 • Optimal Aging Lightning Rounds: HSC	29	30

Continued Optimal Aging:

Before I Die Festival: October 7 - 21
Before I Die Symposium: November 4

Month of Kindness

In the spirit of this month's theme, *Spreading Compassion Across Generations*, we challenge everyone to do intergenerational acts of kindness.