

By Mayoral Proclamation, September 2018 is

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING

Optimal Aging Month

As I age, I dare to...

Calendar of Events

2018

SEPTEMBER

  @ULOptimalAging

#DareToDo

Tuesday 9.4

KCHC Quarterly Meeting
12:30pm - 3:30pm
1020 Henry Clay St.,
Shelbyville, KY 40065

Friday 9.7

Gold Standard Award Luncheon*
11:30am - 1:30pm
Crowne Plaza Hotel
*Ticketed Event

Saturday 9.8

Walk to End Alzheimer's
Walk begins at 10:00am
The Great Lawn at Waterfront Park
Join our team here!

Monday 9.10

Launch of Optimal Aging Blog
Join our [Email List](#) to check out our
new blog on all things optimal aging

Thursday 9.13

Bullitt County Wellness Walk
Walks Begins at 6:30 pm
Join the Bullitt County Health Department for their "Family
Fest" at Roby Elementary.

Saturday 9.15

County Wellness Walks
Walks Begin at 10:00am
(9:00am Registration)
Locations vary for each county: Henry, Oldham, Metcalfe,
Shelby, Spencer, Trimble. Check our web page for details
on each of the walks.

Saturday 9.15

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

Tuesday 9.18

Age-Friendly Strategic
Plan Launch Party
3:00pm - 4:00pm
Jewish Family & Career Services

Tuesday - Friday 9.20 - 21

GWEP Networking Training*
2-Day Conference
21c Hotel
*Invitation Only Event

Sunday 9.30 - Wednesday 10.3

SE4A Conference*
4-Day Conference
Louisville Marriott
*Conference Registration Required

Every Tuesday

Relax & Refocus
12:30pm - 12:50pm
Join us at the Institute for 20 minutes
of mindfulness every Tuesday
300 E. Market St., Suite 200

Learn More at:
www.OptimalAgingInstitute.org/Sept

Questions? Call us at 502.852.5629

About Optimal Aging Month

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.

Honorary
Optimal
Aging
Catalyst



Darrell Griffith
"Dr. Dunkenstein" | Hall of Fame Player

Denny Crum
Hall of Fame Coach

Save the Date!

RAISE SOME

UOFL DAY OF GIVING

Oct. 23 - 24