

# OPTIMAL AGING MONTH



SEPTEMBER 2019

**U**OF **TRAGER  
INSTITUTE**

## As I Age, I Dare to...

Our theme this Optimal Aging Month is “As I age, I dare to...” Take a photo of with your answer and share with us!

Daring to dream and discover as we go through life, in the face of whatever challenges we may encounter, is essential to aging optimally.

As we age, the UofL Trager Institute dare to always find creative solutions to the questions that matter

## How to Share:



1. Email your photo to [tragerinstitute@louisville.edu](mailto:tragerinstitute@louisville.edu).

- OR -

2. Share your #DareToDo on social media!  
Tag us @TragerInstitute and use the hashtag #DareToDo.

## How it Works

1. Print off the attached word doc that has the prompt “As I Age, I Dare to...”
2. Take a photo of yourself holding your answer to the prompt. Ideally, hold just a little below your chin.
3. Be creative and have fun! For readability, please use a marker and keep your answer a brief phrase.
4. Share your photo with us!

  @TragerInstitute

*Please note: we will be using images shared with us on social email and emails throughout the month.*