

OPTIMAL AGING MONTH



SEPTEMBER 2022



How it Works

1. Print off the attached page with 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 brief.
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.

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 is essential to aging optimally, despite whatever challenges we encounter.

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

How to Share:

1. Email your photo to tragerinstitute@louisville.edu.

- OR -

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