

CELEBRATING OLDER AMERICANS MONTH:
**The Wisdom of Aging Well: Strategies
for Enhancing Quality of Life**



As we age, we gain experience and knowledge, even as we encounter stress and challenges. This presentation describes various wellness models and how they apply to aging. Common challenges to wellness are explored, including the causes and effects of social isolation. In addition to factors that contribute to aging well, the presentation introduces strategies to enhance mental well-being, physical health, and a meaningful life. Participants will receive tools, resources, and worksheets to support healthy aging.

Join us for this interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact **Mary Catherine Lundquist** at
lundqumc@ubhc.rutgers.edu or call
Care2Caregivers at **800.424.2494**

May 15, 2024 | 1:00-2:00 pm

Click [HERE](#) to register.

After registering, you will receive a confirmation email containing information about joining the meeting.