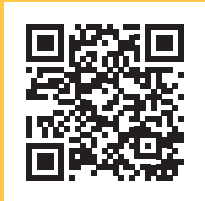


Register Early!



Thursday, June 15, 2023

Art of Aging Successfully

Agenda (8 am - 1:30 pm)

8:00 am Registration, Light Breakfast & Vendors

9:00 am Welcome

9:10 am Keynote : *Age is Just a Number* – Mildred Matlock

10:15 am WORKSHOPS SESSION 1

11:30 am WORKSHOPS SESSION 2

12:30 pm Lunch

1:00 pm Evaluation, Raffle

CONFERENCE
LOCATION

Greater Grace
23500 West 7 Mile Rd.
Detroit, MI
48219

LIGHT
BREAKFAST

SIT DOWN
LUNCH

VENDORS

SCREENINGS

RAFFLES

For Large Group
Registration
Contact

Donna MacDonald,
248-719-0640

or

ba8841@wayne.edu

SOMETHING
FOR EVERYONE

9

WORKSHOPS TO
CHOOSE FROM

www.iog.wayne.edu


INSTITUTE OF
GERONTOLOGY
WAYNE STATE UNIVERSITY





SESSION 1: Select one from the following when you register

Gentle Yoga – No headstands or pretzel poses required. Just take a seat and enjoy this unique chair yoga class promoting good health with stretches and strength to improve balance. Gentle Hatha-based yoga focuses on honoring the way we feel and letting the free flow of breath be our foundation. (Karen Lutz)

You Could Live to 100 – What's Your Plan? Remember when it was rare to hear of someone living to 100? Last year, the US had 90,000 residents age 100 or more. Medical and scientific breakthroughs keep us alive longer than ever. See how we can get the most out of those bonus years. (Sandy Adams, CFP)

Don't Get Taken to the Cleaners – Scammers steal billions of dollars from older adults. Don't become another victim. Review the scams older adults are most likely to fall for. Learn if you are particularly vulnerable and what you can do to protect yourself. You'll also learn about free services if you've already been "taken to the cleaners." (Peter Lichtenberg, PhD)

Good Food that's Good for You – Art of Aging's signature chef, Paul Penney, returns with healthy-options for fabulous food. Learn the health benefits of spices and lesser-known grains that are proven to reduce inflammation and relax blood vessels. (Chef Paul Penney)

SESSION 2: Select one from the following when you register

Moving to the Groovin' – Join Detroit's *Seniors in Motion* to pump that blood and move those muscles! Great music and a fantastic instructor get everybody smiling and kicking up their heels. It doesn't feel like exercise, but your heart will thank you. (Raymond DeFoe)

Flying Solo into Retirement – More than 26 million Americans, most of them older adults, are living alone. What does older adulthood look like when you're by yourself? How do you handle retirement? Who advocates for you if you need help? Find out the top five challenges for older adults living alone and how to plan for them. (Sandy Adams, CFP)

The Perks of Having a Pet – Pet ownership is a big responsibility but the benefits are enormous. Pets help us get out of bed in the morning for that walk. We get exercise, feel less lonely, decrease our stress, and even lower our blood pressure with a pet in the house. (Susan McEwan)

The Write Attitude for Gratitude – Learn how keeping a journal can make you more appreciative of the blessings and positives in your life. This interactive art project will help shape and strengthen your capacity for gratitude. Space limited to the first 50 registered for this session. (Kelly Darke, ATR-BC, M.Ed., BFA)

Pathway to Positive Aging – What does "Positive Aging" really mean? How can we age "successfully"? We all want our later years to be full of good health and contentment – but how? Hear the latest research on how to measure positive aging and simple techniques for how to achieve it. (Amanda Leggett, PhD)

CLICK THIS LINK TO REGISTER ONLINE <https://shop.prod.wayne.edu/iog/iog/art-of-aging-2023.html>

2023 Art of Aging Successfully Mail-in Registration Form

MAIL MUST BE POSTMARKED BY JUNE 1st

STEP 1 Registration fee. Check one of the following:

- \$20 Senior Rate (55 years or older)
 \$30 (or more) Golden Circle/Registration:
Your additional contribution allows less fortunate seniors to attend at no or reduced cost.

STEP 2 Mark your choice for lunch

- Vegetarian Regular

STEP 3 Complete the following:

Name _____

Address _____

City _____ State _____ Zip Code _____

Daytime Telephone _____ Email _____

STEP 4 Select one workshop from each Sessions (mark with x)

SESSION 1, Select one:

- Gentle Yoga
 You Could Live to 100
 Don't Get Taken to the Cleaners
 Good Food that's Good for You

SESSION 2, Select one:

- Moving to the Groovin
 Flying Solo into Retirement
 The Perks of Having a Pet
 The Write Attitude for Gratitude
 Pathway to Positive Aging

STEP 5 YOU MUST ENCLOSE YOUR PAYMENT with this registration form

Check payable to: *Wayne State University* (postmarked no later than June 1, 2023)

Amount enclosed: Check or Money Order Credit Card

Acct. # _____ Sec. Code _____ Exp. Date _____

Name as it appears on card _____

Signature _____

STEP 6 Mail To: Donna MacDonald
45091 Courtview Trail
Novi, MI 48375
ATTN: Art of Aging

CLICK THIS LINK TO REGISTER
ONLINE <https://shop.prod.wayne.edu/iog/iog/art-of-aging-2023.html>

**OR SCAN
THIS QR CODE
WITH YOUR
SMART PHONE**



**TO REGISTER
NOW**



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Art of
Aging
Successfully

Thursday, June 15, 2023

Art of Aging
Successfully



Register Early
**Event Sells
Out Quickly!**



**9 Sessions
to choose from!**
*Light Breakfast,
Sit-down Lunch,
Vendors, Screenings,
and Raffles!*