

Theo & Alfred M.  
Landon  
Center on Aging

**Brownbag Lunch Series**  
Noon to 1:00 p.m.  
at the  
Landon Center on Aging, Room 200

***Journey to Healthy Aging***

***June 15, 2005***

**Presenter: Cynthia Teel, RN, PhD**

During this Journey session, we'll talk about how to promote better health while aging. Some steps may be quite familiar. For example, we all know the importance of practicing common healthy habits, like eating a balanced diet and getting enough daily exercise. Other steps on the journey may be less familiar, like the importance of maintaining self-esteem, focusing on the positive, avoiding role overload, communicating, and building meaning in life. Join the session to learn new steps and to share your experiences, too.

Photographer: Kathy Besthorn



<http://www2.kumc.edu/coa>

Bring a lunch and enjoy the presentations. Refreshments and dessert provided.  
Free , convenient parking.

**Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.**