

The Importance of Reaching Out: Relationships as a health promotion strategy

BROWNBAG LUNCH SERIES

NOON TO 1:00 P.M.

AT THE

LANDON CENTER ON AGING, ROOM 200

August 30, 2006

Presenter: Cynthia Teel, PhD, RN

Healthy aging is more than just avoidance of illness and disability. Healthy or successful aging also includes being socially engaged, that is, staying connected with others and staying involved in meaningful activities. Although clearly important to overall health, maintaining close and supportive relationships with others can be difficult in the presence of illness, sensory loss, or certain social circumstances. During this session, we will explore several strategies for developing and maintaining these important relationships with others. Participants will be invited to share their ideas for staying connected, even when facing physical, emotional, spiritual, social, or economic challenge.



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



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