

K-State Research and Extension News for March 16, 2022

**New “Age Well” Series**

*Submitted by Franny Eastwood, Extension Agent*

The Marais des Cygnes Extension District along with its partners are excited to announce a new series called Age Well. Age Well is a virtual learning series provided over a period of three days in March, April and May. Sessions will be hosted via Zoom and can be viewed in your home or in a group setting at a participating watch site.

The series will kick off on March 22 with presentations on “Mental Health Fitness” and exercises to “Stay Strong Stay Healthy.” On April 26 the topics covered will be “Fire Safety in Your Home” and positive family communication with “Communication Across the Ages.” The final session on May 24<sup>th</sup> will be “Avoiding Costly Mistakes” advice on transferring your assets, and “Cooking for 2 or Just You!” Session times on all three days are from 10 am to 11:30 am. This learning series encourages individuals to be proactive and “Age Well” physically, mentally, and financially.

Register online at <https://tinyurl.com/AgeWellSeries> to receive a link for the event. If you are unable to connect virtually, join at a watch site. Watch sites in Linn County are: LaCygne Library, Parker Senior Center and Pleasanton Library.

**Watch sites in Miami County are:** *Paola Extension Office, Louisburg Senior Center, Osawatomie Senior Center, and Paola Senior Center.* For more details on each session, check out the event flyer at <https://www.maraisdescyignes.k-state.edu> under Hot Topics. Other Age Well partners include Coffey County Extension, the Frontier Extension District, Angels Care Home Health and the East Central Kansas Area Agency on Aging.

For more information on nutrition, food safety, health, or family and child development contact the Marais des Cygnes Extension District, or write to [fmeastwo@ksu.edu](mailto:fmeastwo@ksu.edu) or check out our website: [www.maraisdescyignes.k-state.edu](http://www.maraisdescyignes.k-state.edu)