



Age Well

Age Well is a virtual learning series hosted by K-State Research & Extension.

4 programs will be provided over a period of two days in April and May.

Sessions will be hosted via Zoom and can be viewed in your home or in a group setting at one of our watch sites.

April 5, 2023 10:00 am - 11:30 am

Meals in Minutes

Join Shelby Reed and Tracy Crosley from the East Central Kansas Area Agency on Aging to learn how to make quick & healthy meals!

Radon: Know Your Risks

Join our partners at the Kansas Radon Program to learn how Radon can affect you and your family.

May 11, 2023 10:00 am - 11:30 am

Small Steps to Better Health

Join Sharolyn Jackson, Family & Consumer Science Specialist, K-State Research and Extension for tips on adding physical activity to your day!

Simple Tools to Make Life Easier

Join Kathy Goul, Family & Consumer Science Agent, to learn how to make life easier around the house and while out and about!

For more details on each session, please check out the back of this flyer.

Register online at <https://tinyurl.com/2023AgeWellSeries> to receive the link for the event.

If you are unable to connect virtually, please call 913-294-4306 to find a watch site near you.

Educational sponsors for this program include:

K-STATE
Research and Extension
Coffey County, Frontier District &
Marais des Cygnes District

 **East Central Kansas**
Area Agency on Aging
Serving - Andover - Coffey - Franklin - Lane - Marais des Cygnes - Osage

 **Angels**
Care Home Health
An AngMar Managed Company



Session Information

April 5, 2023 10:00 am - 11:30 am

Meals in Minutes

Interested in portioned sized meals that you can make in minutes? From main dishes to desserts to breakfast, these healthy meals can be made in the microwave or on the stove top.

Speakers: Shelby Reed and Tracy Crosley, East Central Kansas Area Agency on Aging

Radon: Know Your Risks

Have you tested your home for radon gas exposure? Join the Kansas Radon Program to learn about what radon gas is, why radon gas migrates into homes, the health effects associated with chronic exposure to indoor radon, why home testing is needed, and what can be done to reduce radon levels in the home.

Speaker: Kansas Radon Program

May 11, 2023 10:00 am - 11:30 am

Small Steps to Better Health

Looking for ways to include more physical activity in your daily routine? Learn tips for setting goals and building tiny habits to increase your minutes of physical activity. The session will also include ideas for simple exercises that can be done to improve balance.

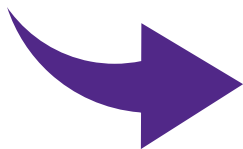
Speaker: Sharolyn Jackson, Family & Consumer Science Specialist, K-State Research and Extension

Simple Tools to Make Life Easier

Many tools can be found in stores in your local community, or through online resources, to make life easier. This program focuses on devices you can use to accomplish everyday tasks, such as attending to personal care, preparing meals, completing basic household chores and engaging in recreational activity at home or when you are out and about!

Speaker: Kathy Goul, FCS Agent, K-State Research and Extension

**Join us in person
at this watch site
near you!**



LaCygne Library
209 N. Broadway St.
LaCygne, KS 66040
913-757-2151

**The May 11th session
will be recorded and
shown at this location
on May 15th at 12:30
pm.**

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