

# NMSU Cooperative Extension Service



**KEYS TO EMBRACING AGING**

**An Online Workshop Series**  
**Thursdays, 11:30am - 12:30pm**

Register at: <https://aces.nmsu.edu/family/aging>

We're all aging — but whether we do so gracefully is up to us! Join your NMSU Extension Family and Consumer Sciences Team to learn 12 keys to help you grow old successfully and with increased longevity. No matter your age, you can take steps now to make growing older a positive, joyful, and exciting experience!

## June 18

- ◆ Intro and Positive Attitude
- ◆ Eating Smart and Healthy

## June 25

- ◆ Physical Activity
- ◆ Brain Activity

## July 2 Holiday break

## July 9

- ◆ Social Activity
- ◆ Tuning Into the Times

## July 16

- ◆ Safety
- ◆ Know Your Health Numbers

## July 23

- ◆ Stress Management
- ◆ Financial Affairs

## July 30

- ◆ Sleep
- ◆ Taking Time for You



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