



September is Optimal Aging Month!

Mark your calendar for the month's activities to raise awareness for the Optimal Aging Movement!

For event information, visit our [Facebook page](#) and follow the month's activities at [#optimalagingmonth](#)



Thursday, September 3*

mHealth: Mobilizing the Community

***Registration Required**

Wednesday, September 9

Optimal Aging Lecture Series Kick Off

Featuring: Robert Friedland, M.D

Friday, September 11

Healthy eating demonstration at a Shelby County food pantry

Saturday, September 12

Kentuckiana Rural Diabetes Coalition Community Walks

Saturday, September 12

Alzheimer's Walk

Friday, September 18

15th Annual Geriatric Health Care Symposium
"Maximizing Independence for Optimal Aging"

Tuesday, September 22

Optimal Aging Lightning Rounds
at Kornhauser Auditorium

Wednesday, September 23

Compassionate Louisville Town Hall Meeting
at the Institute

Friday, September 25

Sarasota Chamber of Commerce Meeting at
the Institute

***Registration Required**

September 25 - October 4

Institute Drs. Faul and D'Ambrosio develop older adult intervention in South African town