



Title: Keys to Embracing Aging

Aging is an inevitable and unavoidable process that affects each and every one uniquely. Aging brings on many changes as a person develops throughout the lifespan. The way in which you take care of yourself through the years both physically and mentally will impact the way in which you age. Many of our lifestyle behaviors and choices are integrated, thus there is a strong association between healthy lifestyles, prevention and longevity. No one knows this better than centenarians, people who are 100 years old and older. America's population of centenarians is the largest in the world and the fastest growing segment of the U.S. population. According to the U.S. Census Bureau, 2011, approximately 70,000 Americans are 100+ years old. This number is expected to rise to 600,000 by 2050.

Centenarian studies demonstrate that life does not diminish with aging. In fact, 100 year olds are teaching us that the acceptance of aging can be a positive, joyful, and exciting experience. Today's elders share their knowledge and wisdom to help us better engineer a positive approach to the aging process (Buettner, 2008; Reuters, 2007).

K-State Research and Extension's program *Keys to Embracing Aging* is an interactive program that highlights 12 keys aimed at helping you to grow old gracefully, successfully, and with increased longevity, based primarily on findings from centenarian studies and the advice from those who participated. *Keys to Embracing Aging* will influence attitude, nutrition, physical activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.

Join K-State Research and Extension Aging Specialist, Erin Yelland, Wildcat Extension District FCS Agent, Chuckie Hessong and Cherokee County FCS Agent Christina Holmes for this educational, free, and fun-filled morning on Wednesday, September 7th, 10:30-noon at the Labette Community College, Cherokee Center at the intersection of US 69 and 400 highways. Please call to register as space is limited, 620-724-8233 or 620-429-3849.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus, Manhattan.