

ACTIVE AGING: WHAT'S IT ABOUT?

Join Pittsburg State students as they celebrate the beginning of "Active Aging Week". Learn about various aspects of active aging and how to be an "active" ager. Topics will include physical activity, but additional avenues associated with active aging.

Location: 2001 S. Rouse Street

Pittsburg State University Student Recreation Center, Room 102

Questions: Contact Dr. Laura Covert Miller

235-4670 or lcovert@pittstate.edu



In Partnership with Age Well Crawford County

**MONDAY
SEPT. 30TH
2:00 – 3:15
PM**