

Positive Aging Academy

The **Positive Aging Academy** is designed to create a guide for negotiating the second half of life with the greatest health and vitality possible, the greatest sense of purpose and personal satisfaction possible and by reducing the stressors in life and maximizing happiness.

The Positive Aging Academy is a six week seminar series. Each class is 2 hours long. The workshops are designed as a progression, but are not dependent on one another.

Registration is required. Class size is limited to 30. The series is free.

Each workshop contains a variety of activities including quizzes, surveys or assessments, media clips, and plenty of sharing by participants. Guest authors and speakers may also be involved. The workshop topics are:

Blue Zones – A study of optimal living in select areas of the world where unusual levels of healthy longevity occur. It includes a filmed program and research based information that helps us create our own “Blue Zones” if we desire. This provides a good introduction and choices of topics for the Positive Aging Academy. Along with our review of other literature, the workshops were created.

Memoir – A hands-on adventure in creating a personal memoir (or at least beginning to do so) while examining the value of memoirs to others and ourselves. Knowing who we are is always useful in creating our future. It is important to think about the legacy we leave for family, friends and community.

Living on Purpose – Our participation in activities or causes that most satisfy, fulfill or guide us, contribute to our physical, mental and emotional health. Examine the role of purposeful living; it is a first step to creating life satisfaction.

Health Through Social Connections – Remaining “connected” to life around us through our relationships with friends, family and organizations is often a key ingredient to healthy longevity.

Money Issues – Life is far happier and freer of stress when we control our finances. This applies whether we live on a fixed income or have unlimited resources.

Streamlining for Purposeful Living – “Simplify, simplify!” A how-to symposium of getting free of all that stuff (physical and mental) that drags you down... how and why to get rid of it so you are free to pursue what matters to you most.

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