

# Advancing Healthy Aging Webinar Series

**Learn more about healthy aging without needing to be the expert in your county.**

The following workshops are designed to help Extension professionals and community partners feel confident participating in age-related discussions and challenges in your communities.

**Oct. 30th, 11:30-1**

## **Longing to Belong – Confronting the Loneliness Epidemic**

**Speaker:** Jane Barton, Cardinal, LLC

**Nov. 21st, 11:30-1**

## **Exploring Care and Support Services, an education program by the Alzheimer’s Association®**

**Speaker:** Bobbi D’Addario, Alzheimer’s Association

**Dec. 12th, 11:30-1**

## **Beyond Burnout: Empowering Caregivers**

**Speaker:** Dr. Deanna Davalos, CSU Columbine Center for Healthy Aging & Aging Clinic of the Rockies

**Jan. 23rd, 11:30-1**

## **Flipping the Script on Aging**

**Speaker:** Dr. Allyson Brothers, Colorado State University

**Feb. 20th, 11:30-1**

## **Strengthening Intergenerational Connections**

**Speaker:** Dr. Christine Fruhauf, Colorado State University



**March 13th, 11:30-1**

### **Ahead of the Curve: Advance Care Planning**

**Speaker:** Cheryl Noble, Advance Directive Specialist & Kat Laws, UCHealth Aspen Club

**April 17th, 11:30-1**

### **Bridging the Digital Divide: Advancing Digital Equity for Older Adults**

**Speaker:** Dayton Romero, AARP Senior Planet

**May 15th, 11:30-1**

### **Advancing Inclusive Older Adult Programming: Success Stories from the Field**

**Speakers:** Statewide Healthy Aging Participants & CSU Extension Faculty

### **Who should attend?**

- Extension Professionals
- Aging Service Professionals
- Municipal Leaders
- Healthcare Professionals
- Community Members

### **Register for the webinars today!**

To register for any of the eight AHA webinars, scan the QR code or visit: [col.st/VcI2W](https://col.st/VcI2W)



*Spanish Interpretation will be available during each webinar. Recordings in English and Spanish will be posted to CSU Extension YouTube after each event.*

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