



Educational Workshops for Older Adults



The Ten Keys to Happier Living

Positive psychology is the scientific study of what makes life most worth living. Scientists in the field have found proven ways to increase a person's level of happiness. In this workshop, you will learn about the current state of happiness in the U.S. (it's the lowest it has ever been) and explore the ten keys to happier living. You will leave with resources and specific actions you can take to live a happier life.

Living in the Present: An Introduction to Mindfulness

Mindfulness is gaining recognition as part of a healthy lifestyle. In addition to the immediate sense of calm that practicing mindfulness can bring, it also reduces anxiety, chronic pain, depression, insomnia, and stress. Sound good? This workshop will explore the benefits of mindfulness, introduce you to some mindfulness activities, and show you how to start practicing mindfulness today.

Master of Memory

This workshop encourages participants to recognize they can impact their memory function and identify factors that may enhance or detract from their memory function. We will share suggestions that may help address some of those concerns.

Get Out: Understanding the Impact Nature Has on Our Health

Did you know that spending time in nature is good for you? With over four decades of scientific studies, we know that spending time in nature has numerous mental, physical, emotional, and spiritual benefits. Join us to learn about the benefits of getting outside and the amazing connection between nature and human health.



The Benefits of Silence

Join us for a workshop that will examine the benefits of quiet and silence. We will review research that demonstrates the negative health consequences of noise across the lifespan and then look at the positive health benefits that quiet and silence can offer all of us. What you might find is that “Silence is not empty; it is full of answers.”

Protect Your Skin: Sun Safety

Join us and learn about the effects of ultraviolet light on skin and eyes and the importance of protecting your skin and eyes all year long. We will discuss the different types of skin cancer and proven sun safety strategies.

Memory and Medications

As a follow-up to the Master of Memory workshop, we will briefly review the different ways we learn and how our learning style can impact our memory. Then we will examine the role medications and other substances can play on our health and particularly impact our memory. We will give you important things to consider and potential topics to discuss with your health care professional.

Going Green: Sustainable Living Every Day

More and more of us are realizing the importance of our choices on our environment. To be better stewards of our planet, there are activities and decisions that we can make to limit our negative impact on the Earth. In this workshop, we will explore ways to save the world together by going green!

Safe Medication Practices for Better Health

This workshop will explore specific safe medication practices for older adults. We will provide important tips for getting the best results from medications, as well as discuss important steps to avoid medication-related problems. You will leave with a medication record and other goodies to help you and your loved ones stay healthy and safe.

The Nine Dimensions of Wellness

Wellness is multifaceted and interconnected. Engaging in physical activity is an obvious component to wellness, but there are other aspects of health and wellness that are just as important. Join us to learn more about each of these dimensions of wellness and start incorporating activities to improve your overall health and wellbeing.

Wits Workouts

Through its interactive dialog and experiential activities, Wits Workouts promote intellectual engagement and help older adults maintain or adopt long-term health-promoting behaviors through ongoing and fun brain exercise classes.

Interested in scheduling a free community workshop? Please contact Laura Stanton, the Family and Consumer Sciences Extension Educator in Warren County. Her office phone number is 513-695-1311 and her email is: stanton.60@osu.edu.