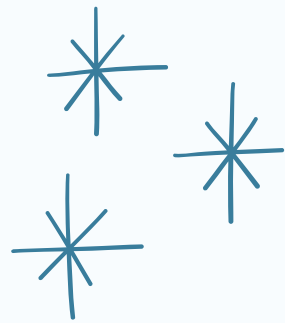


Launching Your Journey to Optimal Aging: Resources and Strategies for Every Stage of Life

Jennifer Jones, MHS-PH, serves as the Outreach, Education, and Programming Coordinator for the Csomay Center for Gerontological Excellence at the University of Iowa's College of Nursing. Join Jen for an inspiring conversation about aging well and discover practical resources that can make a real difference. She'll introduce you to the American Heart Association's Life's Essential 8's - a powerful framework to help you kickstart your journey toward optimal aging, no matter your age or stage of life.



Jen is passionate about the belief that with the right tools and your support systems, anyone can take steps to improve their health and well-being. It's never too early - or too late - to start living your best life!

Date: Tuesday, February 24th

Time: 6:00pm-7:00pm

No Fee

Registration open at the front desk or
online, drop-ins welcome

Winter Wellness Series

Online Registration Title - Wellness Series: Aging Optimally
Seminar

