

# June Active Aging Series

*presented by Purdue University*

*Health & Human Science Extension Educators*

*Wednesdays in June at 9:30 AM EST*



## **June 9 – Keeping Your Brain Active**

June is the beginning of sunny days and warmer weather. Summertime is a wonderful opportunity to keep our brains and mind healthy to decrease memory loss by focusing on mental, physical, and social activities that promote healthy brain development.

## **June 16 – Movin' On Out**

Research has shown that spending time in nature and being physically active positively impacts mental health and well-being. Learn how nature and physical activity improve your health and gain tips to incorporating both each day.

## **June 23 – Wellbeing in Gardening**

Hands-on activities such as gardening can help improve overall well-being. Join us to learn more about the benefits of gardening.

## **June 30 – Food Safety at Picnics**

Summer is here and with it - picnic season! Picnics can be enjoyable for everyone attending, unfortunately, it's easy to get caught up in the fun and forget about the safety of the food being served. Therefore, it's important to take certain precautions to ensure your food stays safe, as you head outdoors!

***To register, go to: <https://bit.ly/3eDnR4Z>***