



Active Aging

8:30-9:30 AM – Tuesday, July 10, 2012

Charles I. Lathrem Senior Center
2900 Glengarry Drive, Kettering, OH 45420

Components of active aging include keeping one's brain functioning optimally, engaging in regular exercise, and establishing/maintaining and enhancing social contacts.

- **Brain Health/Fitness** - Adam Deardorff , MD/PhD Candidate, Boonshoft School of Medicine, Wright State University
- **The Importance of Social Connections** - Beth Kinsel, PhD, MGS, Department of Social Work, Wright State University
- **Physical Fitness** - Marty Moore, Kettering Parks and Recreation, Lathrem Center

Target Audience: Public health professionals, social workers, nurses, physicians, students

Registration: Free, RSVP preferred, but not required.

For more information, contact Pam Mondini, pam.mondini@wright.edu or (937) 258-5555.

Public Health Grand Rounds is presented by the Master of Public Health Program, Center for Global Health, Boonshoft School of Medicine, Wright State University, to inform health professionals about public health topics related to prevention and workforce development.