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Optimal Aging

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The University of Dayton's Osher Lifelong Learning Institute and other community partners will sponsor a symposium for seniors to help them achieve their best health and well-being.

The 6th Duane W. Chapman Symposium titled Optimal Health: A Day of Reflection will be held 8:30 a.m. to 4:30 p.m. Friday, Oct. 9, at Kennedy Union on the University of Dayton campus.

Topics include: enhancing memory, aging gracefully, fatigue-related injuries, making art as a second career and how to talk with family members about end-of-life issues.

James Miller, creator of the Willowgreen line of inspirational books and materials, will deliver the keynote address.

According to Julie Mitchell, assistant dean of special programs and continuing education, the symposium will provide participants the opportunity to think about optimal aging in a new and different way.

"The Duane W. Chapman Symposium focuses on trends and research in gerontology," Mitchell said. "We are pleased to be able to bring nationally known experts to campus for this popular event."

Mitchell said the symposium is very well attended and early registration is recommended as space fills quickly. The $25 registration fee includes workshops, meals, and a wine and cheese reception.

The event is co-sponsored by Miami Valley and Good Samaritan hospitals.

For more information and a program brochure and registration form call Special Programs and Continuing Education at 937-229-2605.

Julie Mitchell at 937-229-2605 or Julie.mitchell@notes.udayton.edu.