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# Public Service Announcement: Optimal Health Symposium

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DAYTON

1850-2000

Aug. 27, 1999  
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## NEWS RELEASE

### PUBLIC SERVICE ANNOUNCEMENT

**TO: PUBLIC SERVICE DIRECTORS**  
**FOR: IMMEDIATE RELEASE**

Please air the following public service announcement through Friday, Oct. 1. Thanks for your consideration.

**10:**

"Optimal Health: Issues and Alternatives for Successful Aging," a symposium designed for senior adults, will be held at the University of Dayton Oct. 11. Call 229-2614 for details.

**20:**

"Optimal Health: Issues and Alternatives for Successful Aging," a new symposium designed for senior adults, will be held at the University of Dayton Monday, Oct. 11. Sessions will cover nutrition, sexuality, spirituality, stress management, alternative medicine and other topics of interest. Sponsors are UD and Miami Valley Hospital. Call 229-2614 for details.

**30:**

From nutrition to sexuality, the patterns of life change as the years go by. The Duane W. Chapman Senior Symposium, designed for senior adults and focusing on "Optimal Health: Issues and Alternatives for Successful Aging," will be held at the University of Dayton Monday, Oct. 11. Sessions will cover spirituality, stress management, alternative medicine, the arts and other topics of interest. Sponsors are UD's Institute for Learning in Retirement and Miami Valley Hospital. Call 229-2614 for details.

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