



## Keys to Embracing Aging

We're all aging — but whether we do so gracefully is up to us! Join us for this workshop to learn 12 keys that can help you grow old successfully and with increased longevity.

No matter your age, you can take steps now to age well into the future.

**Where:**  
Virtual over Zoom

**When:** Thursday,  
Sept 11 - Oct 16, 2025

**Time:** 12:30 -1:30 pm, ET

**Presenters:**

**Lisa Tams**  
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**Cost:** FREE

**Register:**



### Program Overview

Keys to Embracing Aging is an interactive program that highlights 12 keys aimed at helping you to grow old gracefully, successfully, and with increased longevity, based primarily on findings from centenarian studies and the advice from those who participated. Keys to Embracing Aging will influence attitude, nutrition, physical activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.

Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span. The 12 keys of optimal aging include:

1. Positive Attitude
2. Eating Smart and Healthy
3. Physical Activity
4. Brain Activity
5. Social Activity
6. Tuning-in to the times
7. Safety
8. Know Your Health Numbers
9. Stress Management
10. Financial Affairs
11. Sleep
12. Taking Time for You

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