



# Attention Adult Librarians

**The Family Health and Wellness Team is booking programs for 2024.** The following programs can be presented in person or virtually. In person programs are 2 hours in length for a fee of \$250; virtual programs are 1 hour in length for a fee of \$150. Please contact Kerri Kreh Reda, email: [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

## **NEW!!** Managing life after retirement

We all know that retirement has implications for our bank account. However, retirement is a big change that impacts our relationships, our sense of purpose and identity as well as our physical and emotional health. During this workshop we will review the stages of retirement and look at the four steps identified by researchers at Kansas State University that can improve one's overall retirement experience by avoiding the most common challenges new retirees often face.

## Caring for yourself in stressful times

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows us to be more resilient and better manage stress, allowing us to do a better job of meeting our responsibilities. During this program we will introduce strategies for stress management and suggestions for self-care.

## Keeping your brain healthy as you age

Oftentimes when we think about health and wellness, we think about physical health and focus on healthy eating and exercise. However, we need to consider our brain health or cognitive health as well, especially as we age. Our cognitive health encompasses our ability to think, remember, learn new things, and reason. It can decline as we age, becoming less accurate. The good news is that there is plenty to do to keep our brains healthy.

## Essential steps to health aging

Aging is an inevitable process and how we take care of ourselves throughout the lifespan both physically and mentally has a tremendous impact on our health and quality of life as we grow old. Participants will be challenged to embrace prevention and healthy lifestyle choices as a means to enhance overall health and well-being. Using materials from Kansas State University Extension we will promote the notion that healthy lifestyle changes can have a positive impact at any age.

**Don't see a topic you like? This [link](#) will bring you to our full menu of program offerings.**

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

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