

Engaged Aging Newsletter

January

Kicking off 2023 with Healthy Brain Aging

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5 Healthy Aging Resolutions to Reduce Your Risk of Dementia

SLEEP

Embrace these longer nights and get 7+ hours.

Keep a good bed time routine to prepare your body & brain to restore.

NUTRITION

The MIND Diet suggests daily whole grains and leafy greens, use of olive oil over butter and one serving of non-fried fish weekly.

EXERCISE

30 minutes of moderate exercise 5 days per week

This can be as simple as a brisk walk, water aerobics, or dancing into the New Year!

NOVELTY

Try something new each week!

Mental game apps on your phone, a new recipe, or hobby.

Visit us for more
NEW YEAR,
HEALTHY YOU
inspiration!

<http://engagedaging.createuky.net/healthy-aging/>

& SOCIALIZATION



Big 2023

EAL News!

New Harmony at HOME study
to begin enrollment in
February!