



ENGAGED-AGING LAB NEWS

OCTOBER
EDITION

YOUR MONTHLY NEWSLETTER ABOUT OUR LAB!



ELEVATE MENTAL CLARITY

SLEEP

Avoid eating candy or any type of sweets at *least* 2 hours before bed

NUTRITION

Opt-in for more healthier choices as alternatives for candy, like Greek-yogurt or chocolate covered fruit!

Try this recipe [here](#)

EXERCISE

Enjoy a walk through a pumpkin patch to get some steps and enjoy the beautiful change of seasons!

RECENT LAB NEWS

MEMBER HIGHLIGHT: CAITLYN CURTIS

Caitlyn works at St. Claire Healthcare in Morehead, working on rural community outreach! Thank you for your amazing work in these communities!



CAREGIVER CORNER

EARLY REGISTRATION IS AVAILABLE NOW UNTIL OCTOBER 11TH FOR THE 14TH ANNUAL TURKEY TROT 5K WALK/RUN FOR ALZHEIMER'S! SIGN UP & FURTHER INFORMATION CAN BE FOUND [HERE](#).

NOVELTY

Join a FREE line dancing class, every Tuesday, at the Lyric Theatre from 7:00-8:00p.m. to learn new steps, make friends, and have a blast!

SOCIALIZATION

Create a Halloween themed dinner with family and friends consisting of pumpkin, sweet potatoes, squash, and other seasonal veggies!



@ENGAGEDAGINGLAB

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