UMaine Health Connection Chats
Sixth Round of Sessions - September
Wednesdays from 11am – 12 Noon

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) or by telephone. No cost to attend. THOSE JOINING BY PHONE CAN SEND IN QUESTIONS TO OUR SPEAKERS AHEAD OF TIME.

SCHEDULED SPEAKERS (Sept. 2 – Sept. 23)

September 2nd - Advocacy Techniques for Every Person During the Pandemic: Presented by Sandy Butler, Ph.D., Professor, Director, and MSW Coordinator, School of Social Work, University of Maine

September 9th - Preparing Healthful Meals During a Pandemic: Presented by Kate Yerxa, M.S., R.D., Associate Extension Professor, University of Maine Cooperative Extension

September 16th - NOTE: No Chat scheduled today – Participants are encouraged to attend the virtual 2020 Maine Wisdom Summit today – Go to: http://mainecouncilonaging.org/the-maine-summit-on-aging/

September 23rd - The Importance of Staying Active and Exercising During COVID-19: Presented by Marilyn R. Gugliucci, M.A., Ph.D., Professor & Director, Geriatrics Research, and Director, U-ExCEL~Older Adult Fitness Program, Division of Geriatrics, University of New England College of Osteopathic Medicine

Each Chat session will include a resource expert from the Eastern Area Agency on Aging and a facilitator from the UMaine Center on Aging. Sessions will be recorded and be made available at: https://mainecenteronaging.umaine.edu/stayhealthy

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For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925

If you have suggestions for future topics and speakers, contact Len Kaye at len.kaye@maine.edu or 207-262-7922