



THE OHIO STATE
UNIVERSITY

The Ohio State University
and
FOOD for a LONG LIFE
present
Aging Smart

The Aging Smart program offers accessible, online learning suitable for older adults, families, and care partners.

Explore topics such as:

- ◆ **NEW!** Nutrition Needs for Health Aging
- ◆ Cooking for One or Two
- ◆ Personal Safety
- ◆ Preventing Falls in Your Home
- ◆ Universal Design: Housing Solutions for All Ages and Abilities

Three **FREE**
*Modules to the first
120 participants!

**Free modules include Nutrition Needs for Health Aging, Cooking for One or Two, and one additional module of your choice.*

Let's Get Started!

- ◆ Go to **<https://aged.osu.edu>**.
- ◆ Click on **Register**, complete the form, then click **Register** again. (If you already have an account, please just **Sign In**.)
- ◆ Next, click on the **Modules** tab in the blue menu bar, then select **Aging Smart** modules in the second paragraph.
- ◆ Add **Nutrition Needs for Healthy Aging** and **Cooking for One or Two** to your Cart.
- ◆ Click **Apply Additional Discount Codes** then enter: **FFLL211**. Click **Apply**.
- ◆ Be sure to complete the transaction by clicking **Pay Now** at the bottom of the page (no payment will be due).
- ◆ Click **Complete Order**. The modules will be available in Your Account under Your Modules.
- ◆ You may add one additional Aging Smart module to your account using the discount code **FFLL212**. Add your selected module to your Cart, then follow the instructions above.

Visit aged.osu.edu online and look for the **Aging Smart** information.
Questions? Contact 614-293-4815 or aging@osu.edu