

Senior Series
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Senior Series

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We gratefully acknowledge the continued help and financial support of our local county commissioners. We appreciate their input and participation in our programming efforts.

Senior Series funding made possible by:



Senior Options Grants Program



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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

SENIOR SERIES



Extension Programs for Older Adults

Funded by:
Franklin County Office on Aging
Senior Options Grants Program

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Senior Series Programs

We currently offer the following topics with new ones added regularly.

- Shopping for 1 or 2
- Dealing with Stress and Depression
- Eye Health and Vision Loss
- Fall Prevention
- Food Safety
- Fraud Prevention
- Healthy Eating
- Heart Health
- How to Talk to Your Doctor
- Hydration
- Living with Arthritis
- Living with Diabetes
- Memory Loss
- Safe Use and Storage of Medication
- Services for Seniors
- Stroke Prevention
- When Good People Disagree
- Winter Weather Preparedness

We:

- Promote well-being in a friendly atmosphere
- Come to your location
- Never ask for personal information
- Welcome participation
- Welcome suggestions
- Look forward to working with you

Senior Series – What's it all about?

The goal of the Senior Series Program is to encourage health and vitality in adults age 60 and older within Franklin County. Ohio State University Extension offers educational information to improve both mental and physical health, encourage an independent lifestyle and provide maximum opportunities to enjoy and contribute to life within their home community.

We offer programs to support this goal at a site and time convenient for you.

Focus on issues affecting Older Adults

Our programs focus on issues that affect seniors. New topics are added monthly and new ideas are always welcome. Topic areas include food safety, cooking, diseases, physical and mental well-being, safety and nutrition. There is something for everyone. Our programs last between 30 and 60 minutes with time for questions and answers.



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