**The Art & Joys of Aging**

1. Embracing the latest (expert) information on aging
2. Making the most of your longevity
3. Taking small steps to improve physical and mental health, social connectedness, financial well-being, and overall quality of life.

**12 Monthly Pillars / Themes**

1. Exercise (Mental & Physical)

2. Sleep

3. Eating Well & Hydration

4. Healthy Relationships (with Yourself & Others)

5. Socializing

6. Hobbies, Passions, Inspiration

7. Financial Fitness

8. Advanced Planning

9. Fall Prevention

10. Medication Management

11. Community Engagement

12. Your Legacy

**Theme #1:** Exercise

**Title:** Exercise Your Right to Exercise

**Overarching:** Exploring the joys of exercising both your mind and body with a focus on incorporating meditation, aerobics, strengthening, flexibility & balance into your weekly routine.

**Post 1:** You Too Can Buddha: Meditation & Mindfulness for Seniors

**Sub 1:** An Abridged History & Benefits

**Sub 2:** Find Your Meditation: Practice Options for Beginners (And Those Who’ve Dabbled)

**Sub 3:** Get Comfortable: Exploring Sitting, Walking, and Reclining Meditation

**Post 2:** It Works if You Werk It: Aerobic Exercise for Seniors

**Sub 1:** Just Look at Jane Fonda: A Brief History of Aerobics

**Sub 2:** Your Organs Will Thank You: How Aerobics Effects Everything

**Sub 3:** From Local Classes to YouTube: Finding Your Aerobics Workout

**Post 3:** A Balanced Life: Working Towards Physical, Mental, and Behavioral Stability

**Sub 1:** Musings on Balance: From the Mouths of Mystics & Philosophers

**Sub 2:** Feeling Unsteady?Fear Not. Here Are Helpful Tips from a Balance Expert, Neurologist & Psychologist

**Sub 3:** Rock a Cane or Rolling Walker: The Season’s Must Have Balance Accessories