



A free webinar series
from University of
Illinois Extension.



**Contact your local Extension
office for previous lessons.**

**For questions or to learn more
about the series, contact
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College of Agricultural, Consumer and
Environmental Sciences. University of Illinois,
U.S. Department of Agriculture, Local Extension
Councils Cooperating. University of Illinois
Extension provides equal opportunities in
programs and employment.

Webinars

No matter your age, learn valuable life lessons and gain relevant, easy-to-understand tips for living an inspiring, healthful, and rich life.

Financial Emergency Preparedness for Older Adults

February 16 | 10 AM or July 11 | 2 PM

Disasters and other emergencies can disrupt your finances and your sense of normal. Financial emergency preparedness helps you plan, recover, and rebuild after disasters and emergencies. In this session, you will learn ways to organize and manage your finances, develop valuable resource lists, and ways to reduce anxiety and stress. With a focus on implications for older adults, we also will explore processes such as building your contact lists before an emergency and watching out for financial fraud following a disaster. Finally, we will review materials to help you build or rebuild your financial preparedness toolkit.

The Fuel to Fight Cancer

March 21 | 2 PM or August 17 | 2 PM

Food is one tool to support cancer prevention, treatment, and care. This lesson will discuss research on how foods may reduce your risk of cancer and ways to incorporate nutrition to help manage side effects of treatment.

Addressing Ageism and Promoting Inclusivity

April 20 | 2 PM or September 28 | 10 AM

It is not uncommon for those living in the third stage of life to be categorized as the 55 or 60 plus group, which can subtly suggest that they are so similar they can be “lumped” together. This catchall approach implies that older people are more alike than different from each other, which is a stereotype. Generalizations or stereotypes can lead to ageism, or discrimination based on a person’s age. The truth is, we are all aging, but ageist attitudes influence how we think of others and even ourselves. Come and learn more about what ageism is, how it impacts society, and ways to promote inclusivity in our communities.

What to Eat, When You Can’t Eat That

May 18 | 2 PM or October 10 | 10 AM

Learn how to read labels, identify hidden allergens, and the difference between an allergy, sensitivity, and intolerance. This program will discuss common and uncommon food allergies and simple substitutions for nutritious meals. Take home recipes the whole family will enjoy!

Don’t Go It Alone: Improving Your Social Connections

June 8 | 10 AM or November 9 | 10 AM

Research increasingly shows that social isolation and loneliness can deeply impact the quality of life, especially for older adults. And some studies show that more than 20% of adults in the United States identify themselves as lonely, isolated or both. Participants will learn to define the difference between social isolation and loneliness and identify risk factors for both. Explore the various consequences of isolation and loneliness, as well as strategies for staying connected with others.

Register for webinars at least one week in advance:
go.illinois.edu/2023HCElessons



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