

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.****

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

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

Please attend the
2020 Maine
Wisdom
Summit on
9/16/20

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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