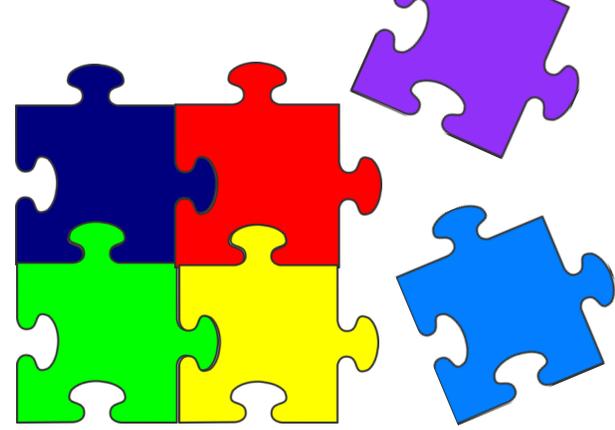


HEALTH PROMOTION PROGRAMS FOR OLDER ADULTS: BEST PRACTICES FOR SUSTAINABILITY



COLLABORATIVE WORKSHOP SERIES

Join national and regional experts and thought leaders on how to effectively implement and sustain health promotion programs for older adults in the community.

Marymount University's Center for Optimal Aging has received funding from the Virginia Geriatric Training and Education Center to offer a FREE collaborative workshop series for individuals from senior serving organizations who administer, implement, and budget for health and wellness programs for older adults. Agency decision-makers will be provided with the tools needed to prioritize, implement, and sustain evidence-based programs on topics as diverse as social isolation and loneliness, brain health, depression, physical fitness, and chronic disease self-management.

AT A GLANCE

Thursdays:

- April 28 - June 9, 2022 (no class May 26)
- 2:00 - 4:00 p.m.
- Virtual (Zoom)
- FREE!

Each 2-hour workshop includes:

- An interactive presentation
- Practical, hands-on exercises
- Breakout sessions with colleagues working on similar programs
- Q & A

Participants will receive:

- Expert guidance
- Access to tools and templates
- The opportunity for a FREE, post-workshop consultation with a national expert from the Evidence-Based Leadership Collaborative

To register [click here](#):

For more information:

spappa@marymount.edu



TOPICS



Health promotion programs for older adults: choosing programs that are evidence-based and sustainable.



Evaluating community needs and organizational capacity: available programs and target audiences.



Program funding: options, opportunities and barriers.



Expanding reach: creative marketing and recruitment strategies.



Measuring outcomes: maintaining program fidelity and reporting back to stakeholders.



Putting the pieces together: implementing an organizational sustainability plan.