



Roundtable for Boomers & Seniors



This 5-part series is an opportunity for community members to come together with professionals to explore different facets of engagement. Engagement is a state of activation and meaningful connection to an activity or role. Engagement is particularly important for older adults to remain physically active, healthy, and emotionally well.

Session II: The Mind/Body Connection

Tuesday, December 5th
8:30am – 10:30 am
Lenox Hill Neighborhood House
331 East 70th Street (btwn 1st & 2nd)

Speakers:

Ursula M. Staudinger, PhD
Columbia Aging Center, Columbia University
Marcy Simon, MA
Manager of Senior Fitness Programs, Asphalt Green

Exercise is not only good for the body, it's good for the mind. Exercise will make your brain work faster and more efficiently. Learn about the latest research on exercise and the older brain and about exercise programs designed specifically for older adults.

2017-2018 Roundtable:

**Engagement:
The Importance of
Meaningful Connection**

- **Session III: Employment**
Thursday, March 8th
- **Session IV: Arts**
Thursday, April 5th
- **Session V: Civic Engagement**
Thursday, May 3rd

PLEASE RSVP via email at liz@lizkrueger.com or by phone at 212-490-9535.