



September 2026

Healthy Aging Month Webinar Series

Healthy Aging Month shines a spotlight on the opportunities that come with aging and encourages people to take steps towards nurturing their physical, emotional, social and financial wellness.

Visit z.umn.edu/HAM2026 to access resources and register for over 30 free webinars covering topics like:

- Financial health, estate planning and fraud protection
- Mental wellbeing and brain health
- Nutrition and food safety
- Physical safety and independent living
- Relationship and community building



Our minds and bodies undergo countless changes as we age, but embracing a healthy lifestyle can help us navigate through these transformations with grace and vigor.

Wellbeing points (200 pts. per hour) are available for UMN faculty and staff.

For questions about Healthy Aging Month or accessibility requests contact Anita Harris Hering at aharris@umn.edu.

University of Minnesota Extension is committed to providing equal opportunity for participation in all programs, services and activities. To request accommodations for persons with disabilities, reach out to the event contact two weeks before the start of the event. Requests received after this date will be honored whenever possible.

