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Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.~ Mark Twain



**Come to the (add name of county) County**

**Extension Office**

**To Learn 12 Keys to Embracing Aging your Life Story**

What you do today will affect your future, especially when it comes to aging. Since there is no magic potion to stop the aging process, it is important to take care of yourself . No one knows this better than today’s active centenarians, individuals who are 100 years and older. From them, we have identified 12 healthy behavior practices that encourage optimal aging throughout the life span.

**Who Can Participate?** We welcome all participants.

**When:** [Fill in the Dates]

**Where:** [Fill in the Place]

**How to Participate:** Contact [fill in contact information]

**For More Information:** Contact [fill in contact information]

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