



Positive Aging:

*Changing Your Mindset
About Growing Older*

Monday, May 13, 2024

10 - 11 a.m.

In person at ADRC

300 S Adams St, Green Bay



Presented by:
Abigail Nehr Korn-Bailey,
Ph.D., Assistant
Professor in Psychology,
University of Wisconsin-
Green Bay


How do you view your aging and aging in general? Do age-related jokes and the prominence of anti-aging products affect our outlook on adulthood?

Dr. Nehr Korn-Bailey will discuss the importance of how we think about aging and adulthood, and the impact our mindset can have on our health.

Join us to learn more about:

- Addressing views on aging and what this term means
- Highlighting the positive health outcomes associated with positive views of aging versus the negative health outcomes associated with negative views of aging
- Discussing ways to improve and/or maintain a positive outlook on the aging process and aging adults specifically

ADRC, 300 S. Adams Street,
Green Bay, WI

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Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.

Space is limited.

Call ADRC

(920) 448-4300 to register.