



# Aging Webinar Series

Connected and Resilient: Thriving Together in Later Life.

**Webinars will be held  
every Wednesday in  
MAY (12-12:30 p.m.).**

Scan QR Code or  
use link to register or  
find more information



[go.osu.edu/agingwebinarseries](https://go.osu.edu/agingwebinarseries)

## May 6 | Session 1

### Staying Connected—Why it Matters

Social connection is key to healthy aging. Join us to explore why it matters, what causes loneliness, and practical ways to build meaningful connections—plus real stories of hope and resilience.

## May 20 | Session 3

### Staying Connected—Why it Matters

Discover fresh ideas for social engagement, build a simple personal connection plan, and explore community resources that help older adults stay connected and thriving.

## May 13 | Session 2

### Hope and Healing—Understanding Suicide Risk

This session offers a caring look at suicide risk in older adults—addressing warning signs, dispelling myths, and sharing powerful stories of hope and recovery.

## May 27 | Session 4

### Tools for Champions—Helping Others Thrive

Designed for professionals and caregivers, this session shares easy-to-use tools, supportive conversation techniques and trusted resources to help others thrive and stay connected.



THE OHIO STATE UNIVERSITY  
EXTENSION

Family Consumer Sciences  
Healthy Aging Team