



**PennState**

Free CE  
workshop

The Center for Healthy Aging and College of Nursing present:

# Healthy Lifestyles for Active Aging

This interdisciplinary workshop will present the latest evidence and practice implications for promoting healthy, active aging through:

- **Social Engagement**
- **Reducing Inactivity**
- **Leisure Activities**

**Friday, April 1, 2016**  
**8 am – 12 noon**

The Penn Stater Conference Center, Executive Suite  
215 Innovation Boulevard, State College, PA 16803

**Registration for this event is required:**

<https://sbs.ucsur.pitt.edu/gwep/reg/?e=66022>

**For more information:** Alyssa Fyock (814) 865-0507 or [adf5097@psu.edu](mailto:adf5097@psu.edu)

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Continuing Education: Penn State College of Nursing is an approved provider of continuing nursing education by PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Presenters, organizers, and content specialists have indicated no conflict of interest. Participants with a valid RN license who attend the entire session will be awarded 3.0 contact hours of continuing nursing education; partial contact hours are not awarded