



## Education for Older Adults Advisory Group Meeting

November 8, 2023

### Agenda

Topic	Action
Welcome and introductions	
Registration Dates	
<b>Curriculum updates</b> <b>New Curriculum</b> <ul style="list-style-type: none"><li>• OAD MOX09 Healthy Aging principles of progressive resistance</li><li>• OAD MBH (Music and Brain Health)</li><li>• OAD FN (Food and Nutrition)</li><li>• OAD LS (Writing Your Life Story)</li><li>• OAD FLIT (Financial Literacy in Retirement)</li></ul> <b>Future New Curriculum</b> <ul style="list-style-type: none"><li>• OAD MOX01B - Healthy Aging Beginning Movement and wellness</li><li>• OAD MOX04B – Healthy Aging Beginning Principles of Posture and Flexibility</li><li>• OAD MOX03 – Healthy Aging Principles of Cardiovascular Endurance</li></ul>	
Semester Dates and information	
Newsletter items	
SCE Website	
New Locations	
<b>EOA Ageism Campaign 2024</b> Combining EOA and AWD program efforts for one fun day of intergenerational activities, information, art,????	