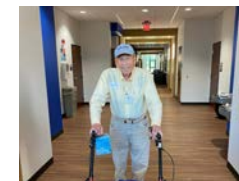


PEAKS Fall Schedule

Sessions Every Thursday September 8-November 10th

2:30 PM

September 8th	Brain Enrichment Strategies for Reinventing Yourself
September 15th	Attractions, Events, & Hidden Gems in Blue Ridge
September 22nd	Protecting Your Retirement Years
September 29th	Being Your Own Patient Advocate
October 6th	Maintaining a Positive Focus
October 13th	An Inside Look at Aviation from an Air Traffic Controllers Point of View
October 20th	Nutritional Habits for Older Adult Health
October 27th	How Our Brain Constructs Reality
November 3rd	CPR & Stop the Bleed Training
November 10th	Financial Considerations in Retirement



"I am the same person I was 20 years ago or 50 years ago, I just look different. So here I find the opportunity to be me again. To have some worth, and something to give back to other people. I think we all have so much to give. SO much knowledge & SO much wisdom. We have so much to share & all we need is the opportunity & UNG provided that for us." -PEAKS Participant

QR Code: Open camera on phone, scan it over the code, & click the link for full session description.



Registration Options:

Eventbrite: eventbrite.com
Search "PEAKS" under the Blue Ridge
location

Facebook Events:
facebook.com/PEAKSProgram
(Follow us on Facebook for
updates on events)

QR Code: open camera on
phone, scan it over the code, &
click the link

List of all events
offered

Click what interests
you & register for free



Call Or Email To Register At:

706-946-5476
peaks@ung.edu



For More Information Contact:

Jacqueline McKee
706-946-5476
PEAKS@ung.edu



Make New Friends
Learn New Things
Share YOUR Life
Experiences



PEAKS In-Person

**A University-Community
Collaboration**

**Life Stories & Topics of
Interest for Adults 55+**

Fall Schedule

What:
Weekly Programs

When:
Thursdays September 8 -
November 10
2:30 Afternoon Session

Where:
University of North Georgia
Blue Ridge Campus

Cost:
FREE Registration

Casual Events