

August 2024 Newsletter

A Note from the Director

Dear colleagues and friends,

Welcome to the summer 2024 issue of the Center for Healthy Aging's newsletter! Since our last issue, we've released our [latest annual report](#), highlighting the ambitious initiatives CHA undertook in fiscal year 2023. These included research symposiums, faculty mixers, continuing education opportunities, our [INterdisciplinary REsearch into Aging CHallenges](#) pilot grant program, speaker series, tours of CHA, and many other interactions that spurred collaboration and outreach, amplifying our impact beyond Colorado State University's walls. I encourage you to explore the report and join me in expressing heartfelt gratitude to each member and supporter of the CHA for their unwavering dedication and engagement throughout the year.

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Grace Borlee, Ph.D., from CSU's Department of Microbiology, Immunology and Pathology, and Jodi Waterhouse, M.H.A., from CU Anschutz's Multidisciplinary Center on Aging. This mixer is open to any CSU faculty, staff, or student interested in engaging older adults and improving their research participant recruitment and retention strategies. Please share with those who might be interested and [RSVP here](#).

I also invite you or the older adult in your life to register for our [Tech Skills for Older Adults](#) classes, coming to CHA this fall in partnership with CSU's Osher Lifelong Learning Institute. This class, developed and taught by former CHA Student Ambassador Rachel Washburn, helps older adults learn more about their mobile devices. Mark your calendars – **registration opens on Aug. 21!**

There's so much more to share, so I invite you to browse the rest of this newsletter for a wealth of healthy aging news, events, and opportunities as we kick off the 2024-2025 academic year. Welcome back, Rams!

Warmest regards,



Nicole Ehrhart

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Healthy Aging Blog

[Why do females tend to outlive males?](#)

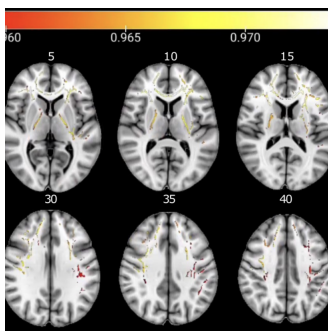
Brooke Zarecki, CHA Student Ambassador

[Understanding death anxiety in health care](#)

Rachel Washburn, CHA Student Ambassador

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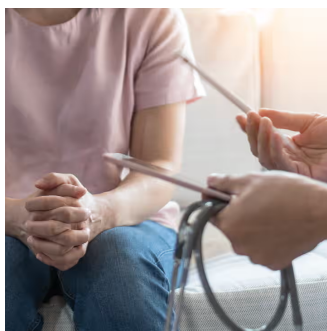
Aging News



New study identifies a key component to cognitive decline

via CSU's SOURCE

[read more >>](#)



'Dream come true': study suggests drug could extend women's fertility by five years

via The Guardian

[read more >>](#)



Mice live longer when inflammation-boosting protein is blocked

via Nature

[read more >>](#)

News from the Center

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Veterinary Cancer Podcast

CHA Director Nicole Ehrhart was featured on ImpriMed's *Veterinary Cancer Pioneers Podcast*, where she shared her journey from surgery to groundbreaking work in musculoskeletal oncology, regenerative medicine, and aging research. Check it out [here](#).



Walk to End Alzheimer's

Join CSU's Gerontology Club for the Alzheimer's Association Walk to End Alzheimer's, the world's largest event to raise awareness and funds for Alzheimer's care, support and research, **happening on Oct. 5 at CSU's Canvas**

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sharing the team's [fundraising page](#).

Podcast Corner

living healthy longer is in full force with two more episodes planned before the season finale on Aug. 26! Browse this season's episodes below and stream today on [Apple](#), [Spotify](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!



Opportunity Now grant aimed at addressing Colorado's caregiver shortage. With over...

MORE 30m - Jul 29, 2024

Life After Caregiving with Dr. Julie Silver Seidle

Assistant Professor **Julie Silver Seidle**, an occupational therapist specializing in older adulthood, shares insights from her 2020 dissertation about the emotional and physical...

MORE 32m - Jul 15, 2024

UTIs, Delirium and Cognitive Decline with Drs. Julie Moreno and Amanda Latham

Assistant Professor **Julie Moreno** and recently graduated Ph.D. student **Amanda Latham** of **CSU's Toxicology program** join to discuss the surprising cognitive impacts of urinary tract...

MORE 42m - Jul 1, 2024

Intergenerational Learning with Dr. Grace Borlee

Grace Borlee, an assistant professor of Microbiology, Immunology, and Pathology, describes an intergenerational learning project in which MIP students were paired with older adult...

MORE 37m - Jun 17, 2024

Myelin and Memory with Dr. Aga Burzynska

Aga Burzynska, an associate professor at CSU and director of **The BRAIN Lab**, shares her latest research, published in *Neurobiology of Aging*, which studied 141 adults aged 20 to 80...

MORE 39m - Jun 3, 2024

Skin Care and Aging with Dr. Saranya Wyles

Dr. **Saranya Wyles**, a dermatologist from the Mayo Clinic, delves into the science of skin aging and the reasoning behind common age-related skin concerns, like wrinkles, age spots, and...

MORE 38m - May 13, 2024

Health Care Access with HHS Regional Director Lily Griego

Regional Director Lily Griego from the U.S. Department of Health and Human Services discusses recent initiatives impacting adults in Colorado, including the HHS's mission to...

MORE 38m - Apr 29, 2024

Supporting Caregivers with Dr. Meara Faw

Associate Professor of Communication Studies **Meara Faw** explores the complexities of caregiving, including statistics on its prevalence, the challenges faced by care partners, and...

MORE 37m - Apr 15, 2024

Shifting Dynamics of Long-Term Care with Dr. Greg Gahm

Dr. **Greg Gahm** - a geriatrician, Corporate Medical Director for Vivage Senior Living, and an Associate Professor of Clinical Medicine at CU Anschutz - discusses the long-term care...

MORE 43m - Apr 1, 2024

Should There Be Age Limits for Politicians? A Panel Discussion

Amidst the ongoing debate over whether Presidents Biden and Trump are "too old" to run for president again, our season 4 premiere offers a compelling panel discussion. At the...

MORE 1h 30m - Mar 13, 2024

Find *living healthy longer* wherever you like to listen:

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PODCAST
FEEDBACK FORM

1. Your response will help our host plan future episodes.

Center Events

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Considerations for Older Adult Research Participation

Fall Faculty Mixer

 Monday, Sept. 23

 4-5:30 p.m.

 Center for Healthy Aging
151 W. Lake St., Suite 1400
Fort Collins

 RSVP at col.st/qJMH0


Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

Fall Faculty Mixer, Sept. 23, 4 p.m.

Are you a faculty member aiming to improve your research participation strategies? Interested in connecting with colleagues involved in aging studies? Curious about the research support offered by the Center for Healthy Aging? This fall's faculty mixer is open to all CSU faculty, staff, students, and community members!

Join us for "Considerations for Older Adult Research Participation," with guest speakers [Grace Borlee](#), Ph.D. of CSU's Department of Microbiology, Immunology and Pathology and [Jodi Waterhouse](#), M.H.A. of CU Anschutz's Multidisciplinary Center on Aging.

Older adults remain underrepresented in clinical trials and human subjects research, despite being leading consumers of novel therapies. This fall's mixer aims to discuss best practices and lessons learned from engaging older adults in research, enabling CHA's faculty affiliates to develop the most effective recruitment and retention strategies for research participation.

Agenda:

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experiments, highlighting the benefits of intergenerational learning and science communication.

- **Jodi Waterhouse (20 mins):** Presents Anschutz's [Older Adult Research Specialist Training](#), an NIH-funded project educating and recruiting adults over 50 for clinical studies.
- **Q&A/Discussion (20+ mins)** with Borlee, CURE Lab community volunteers, Waterhouse, older adults from recent OARS cohorts, and CHA's leadership.

Bring your tips for recruiting older adults for studies! We want each attendee to gain insights and strategies from this mixer, and your experiences can help others. There will be ample time for discussion after the presentations.

RSVP

Tech Skills for Older Adults

Fall 2024

Courses

- Smartphone Accessibility
- Texting with Smartphones
- Facebook Marketplace
- Kanopy App
- NY Times Games App
- Clipping Coupons on the King Soopers App

ENROLL AUG. 21



More info at:
col.st/18TgD



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Tech Skills for Older Adults will be offered in-person in fall 2024 through a collaboration with the Osher Lifelong Learning Institute. Search "Tech Skills" in [OLLI's online course catalog](#) to view the course details and sign up. If you do not have an OLLI membership, one will be added to your cart at checkout (\$25 per semester). Each class costs \$10 on top of the \$25 OLLI membership. However, OLLI does offer generous tuition assistance. Please complete the online [Tuition Assistance Fund Application Form](#) or contact the OLLI team at OLLI@colostate.edu to apply for tuition assistance.

Faculty News

Aging Matters

On July 24, Associate Professor [Aga Burzynska](#) was featured on CPR News' *Aging Matters*, where she discussed her research that challenges the notion that cognitive decline is inevitable with age.

"I would say that we are finding that the brain is more plastic than we thought before," she said. "We are on a very optimistic side here, that the brain is definitely changing and even an aging brain can induce this plasticity."

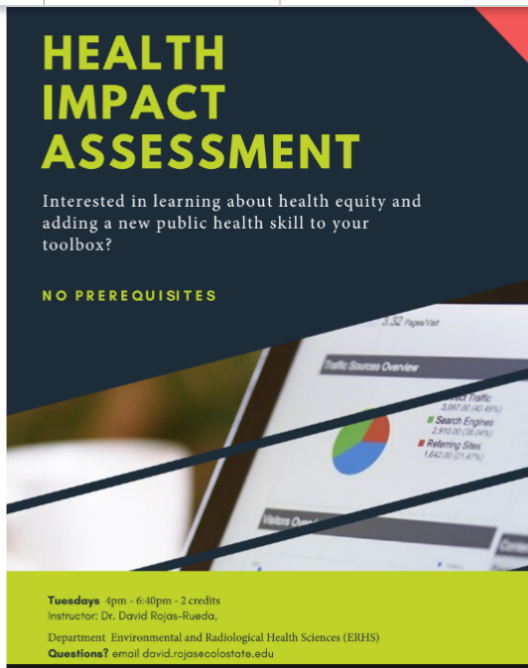
Listen to the [segment here](#) or the [full episode here](#).



 **CPR News**



Fall 2024 Course Offerings

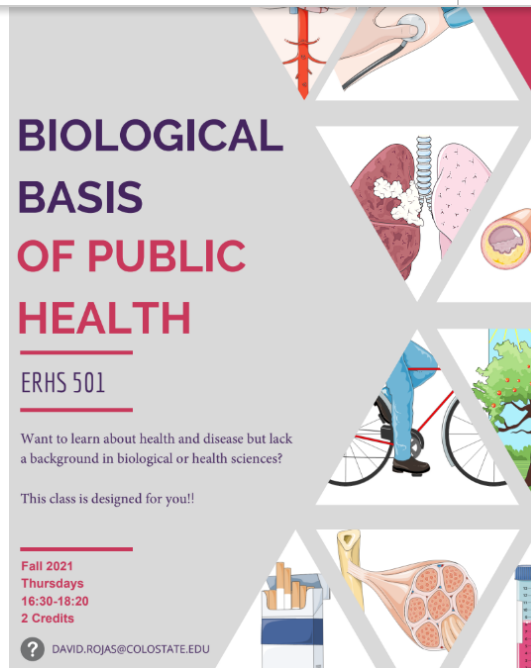
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HEALTH IMPACT ASSESSMENT

Interested in learning about health equity and adding a new public health skill to your toolbox?

NO PREREQUISITES

Tuesdays 4pm - 6:40pm - 2 credits
Instructor: Dr. David Rojas-Rueda
Department: Environmental and Radiological Health Sciences (ERHS)
Questions? email: david.rojas@colostate.edu



BIOLOGICAL BASIS OF PUBLIC HEALTH

ERHS 501

Want to learn about health and disease but lack a background in biological or health sciences? This class is designed for you!!

Fall 2021
Thursdays
16:30-18:20
2 Credits
DAVID.ROJAS@COLOSTATE.EDU



Fall 2024

MIP580B6: Infectious Diseases and Social Equity

Topics:

- How social forces impact epidemics and pandemics and how infectious diseases impact human societies.
- The social injustices and human rights issues involved in vulnerabilities to infectious diseases.
- How climate change, war, global migration, incarceration, poverty, and other conditions impact infectious disease burden.
- How to build prosocial communities and collaborative action to challenge these issues.

Carlos Franco-Paredes, MD, MPH
Infectious Disease Specialist
Public Health Practitioner

Fall classes begin August 19, 2024

3 Credits Online Synchronous Attendance: Mondays 1 - 1:50 p.m. MT, Wednesdays 1-2:40 p.m. MT Register via CSU Online



Fall 2024

MIP580B7: Social Impacts of Biomedical Research

Topics:

- Framework to explore who are stakeholders of and who shapes biomedical research.
- History of social inequities in biomedical research and their current impacts.
- Present state of biomedical research in regards to social justice.

Students will develop their own action plans to meaningfully address social justice gaps in biomedical research.

Fall classes begin August 19, 2024

3 Credits Online Synchronous Attendance: Tuesdays & Thursdays 10 - 11:35 a.m. MT Register via CSU Online

Check out these course offerings from CHA affiliates, happening this fall:

1. [Health Impact Assessment \(ERHS 560\)](#)
 - **Schedule:** Tuesdays, 4-6:40 p.m.
 - **Credits:** 2
 - **Overview:** This course introduces Health Impact Assessment (HIA), emphasizing health equity and practical application across various sectors.
2. [Biological Basis of Public Health \(ERHS 501\)](#)
 - **Schedule:** Thursdays, 4:30-6:20 p.m.
 - **Credits:** 2
 - **Overview:** This course is designed for students from diverse backgrounds, providing a foundation in biological and clinical concepts relevant to public health and epidemiology.
3. [Infectious Diseases and Social Equity \(MIP 580B6\)](#)
 - **Schedule:** Mondays, 1-1:50 p.m. | Tuesdays, 1-2:40 p.m.
 - **Credits:** 3

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including climate change, gender inequality, religion, political violence, ethnicity, war, racism, and poverty.

4. [Social Impacts of Biomedical Research \(MIP 580B7\)](#)

- **Schedule:** Tuesdays and Thursdays, 10-11:15 a.m.
- **Credits:** 3
- **Overview:** Explore the social impacts of biomedical research, from historical contexts to current issues. Students will be challenged to develop an action plan to address a major issue within their chosen field.

5. [Perspectives in Gerontology \(HDFS 201\)](#)

- **Schedule:** Mondays, Wednesdays, Fridays, 10-10:50 a.m.
- **Credits:** 3
- **Overview:** This course, offered on campus in fall and online in spring, introduces the field of aging with guest speakers and a community-engaged learning project. Students from all disciplines and majors are encouraged to enroll.



Updates from CSU Gerontology

Declare the Gerontology Interdisciplinary Minor (GIM)

For questions, contact Christine Fruhauf at christine.fruhauf@colostate.edu.

Join the Gerontology Club

This active, student-led club connects students with peers, explores careers in aging, offers volunteer opportunities, and features guest speakers.

Get Certified in the SPECAL Method

Local nonprofit Dementia Together is offering training in fall 2024. Interested students can email Allyson Brothers at allyson.brothers@colostate.edu.

Paid Officer Positions Available

Two paid officer positions are available, with priority given to active club members.

For questions about HDFS 201 or the Gerontology Club, contact Allyson Brothers at allyson.brothers@colostate.edu.



From left: Sue Schneider, Ginger Williams, Christine Fruhauf

CSU Extension recently received a \$350,000, three-year grant from the U.S. Department of Agriculture's National Institute of Food and Agriculture through its [Rural Health and Safety Education Competitive Grants Program](#). The funding will support efforts to advance healthy aging in Colorado, including:

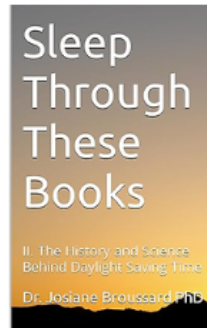
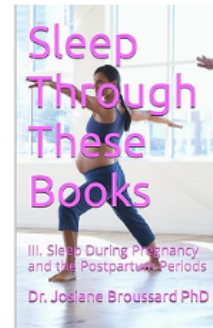
- Expanding healthy aging education and training for CSU Extension professionals and community partners through a new “Advancing Healthy Aging” webinar series.
- Facilitator training for the [Aging Mastery Program](#) for Extension professionals and community partners.
- Providing robust technical assistance, including Spanish-language support, for new host sites implementing AMP in their communities.

The project, titled “Strengthening Capacity to Promote Healthy Behaviors and Improve Quality of Life for Older Adults in Rural Colorado,” will be led by [Sue Schneider](#), CSU Extension State Health Specialist (Project Director and Co-PI); [Ginger Williams](#), CSU Extension Regional Health Specialist (Co-PI); and [Christine Fruhauf](#), professor in the Department of Human Development and Family Studies (Evaluation Lead).

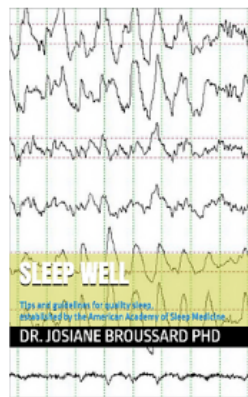
For more information or to support the “Advancing Healthy Aging” training initiatives, contact Sue Schneider at Sue.Schneider@colostate.edu.

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Sleep Through These Books Series

Vol I. Sleep and Circadian Basics**Vol II. The History and Science Behind Daylight Saving Time****Vol III. Sleep During Pregnancy and the Postpartum Periods****SLEEP WELL:**

Tips and guidelines for quality sleep,
established by the American Academy
of Sleep Medicine

**25 Resistance Band Workouts:**

Low-impact, short, effective
workouts for small spaces
(including travel!)



Affiliate links may earn commissions at no extra cost to buyers. Opinions are our own.

"Sleep Through These Books," now available on Amazon!

Assistant Professor [Josiane Broussard](#)'s new e-book series offers valuable tips and insights for improving sleep, designed as accessible guides written at an 8th-grade science level. The series includes: [Vol I. Sleep and Circadian Basics](#), [Vol II. The History and Science Behind Daylight Saving Time](#), and [Vol III. Sleep During Pregnancy and the Postpartum Periods](#). Additionally, find practical advice with [SLEEP WELL: Tips and Guidelines for Quality Sleep](#) and [25 Resistance Band Workouts](#). Broussard's Sleep and Metabolism Lab is also developing a comprehensive sleep physiology textbook for use in university courses, TBA.

Brain Research Center Designation

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The Brain Research Center, co-directed by Drs. [Stephanie McGrath](#) (Clinical Sciences) and [Julie Moreno](#) (Environmental and Radiological Health Sciences), is excited to announce it received official CIOU designation in Spring 2024. This center brings together researchers and clinicians to advance brain research and improve understanding of brain diseases in both animals and humans.

The Brain Research Center, part of the College of Veterinary Medicine & Biomedical Sciences, is dedicated to conducting cutting-edge research on brain aging, diseases, and neurodegenerative processes. It fosters collaboration across disciplines, supports research and education at all levels, and aims to enhance clinical practice and impact. The center's interdisciplinary team, with expertise ranging from neurodegeneration and molecular biology to epidemiology and clinical diseases, drives innovative research using both small and large animal models.



The BRC will host its second annual symposium on the afternoon of Sept. 12, featuring oral presentations and a networking/social gathering. The symposium will be exclusive to CSU participants.



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Call for Proposals

The American Society on Aging has opened the Call for Proposals for [On Aging 2025](#), happening in April 2025 in Orlando, F.L. This year's conference has a special emphasis on content that highlights ageism and culture. [Learn more on their website](#) about available tracks, session formats and important dates. The call is open until Aug. 9.



Conversations to Remember

This nonprofit, dedicated to reducing loneliness among seniors, is looking for students to join its virtual visit program where you'll chat with residents of long-term care, assisted living, and memory care communities.

Why volunteer?

- Make a meaningful impact from the comfort of your home.
- Flexible scheduling with just one hour a week.
- Comprehensive training and ongoing support.

Details:

- Sessions last up to one hour.
- Commit for at least 16 weeks to build lasting friendships.
- Additional volunteer opportunities available in social media, call support, and outreach.

Interested? Learn more and sign up at conversationstoremember.org.

Research Studies Currently Enrolling

The Translational Neurological Lab at CSU Spur, directed by Drs. [Arlene Schmid](#) (Occupational Therapy), [Jaclyn Stephens](#) (Health and Exercise Science), and [Jen Weaver](#) (Occupational Therapy), is recruiting participants for an upcoming study. Researchers are seeking traumatic brain injury survivors, their caregivers, and health care providers from the Denver and Fort Collins areas.

The study aims to use participant feedback to identify key topics for TBI survivors and caregivers to develop self-management education modules. Participants will provide feedback through online surveys and hybrid focus groups. These modules will eventually be developed into an intervention to support daily living for TBI survivors and their caregivers.

Interested? Email Alec.Lynott@colostate.edu.

Additionally, the Translational Neurological Lab is pleased to introduce four interns from the CSU Career Center's SPARK program. They will assist with various projects in both the Translational Neurological Lab and the METEOR Lab this summer. Please join us in welcoming Cinthia Davila Ochoa, Diego Angeles Marquez, Kayla Titus, and Kyle Pham!

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Activity Research Study

Are you a cancer survivor looking to maintain a physical activity routine?

The goal of this study is to examine the effects of a physical activity maintenance intervention on physical activity levels after completing a community-based exercise oncology program.

You may be eligible if:

- ✓ You have been diagnosed with any type of cancer.
- ✓ You have completed primary cancer treatment within the past 5 years.
- ✓ You are not currently exercising regularly.

3 Easy Steps to Participate



Step 1: Register your interest on the study website [here](#).

Step 2: Complete the eligibility screening questionnaire that will be sent to the email address that you registered with.

Step 3: If you are eligible, you will be contacted by the study coordinator with next steps.

Scan the QR
Code to Enroll



SPAACES

Sustaining Physical Activity After Cancer Exercise Sessions

CSU IRB Protocol #4973

For questions please reach out to: spacestudy@colostate.edu | (970) 491-4653

Associate Professor [Heather Leach](#) is actively recruiting for a research study titled SPAACES (Sustaining Physical Activity After Cancer Exercise Sessions), which aims to examine the effects of a physical activity maintenance program for cancer survivors. This study is conducted in collaboration with the Department of Health and Exercise Science's [Fit Cancer program](#), a virtual exercise program for cancer survivors.

The research will involve the following virtual components:

- Physical activity assessments
- Questionnaires

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Participants will be compensated for their time, and the cost of the Fit Cancer program will be waived for eligible study participants. Leach is seeking individuals who have completed primary treatment within the past five years and are currently not physically active. Those interested in participating can find more information and register their interest on the study website: [SPAACES Study Enrollment](#).



Canine volunteers needed for two CSU studies on cognitive function in dogs

by Brooke Zarecki, CHA Student Ambassador

Advancements in modern medicine have allowed both humans and canines to live longer. However, a longer lifespan has led to a greater percentage of dogs suffering from cognitive decline. This creates an urgency to find treatments and has led CSU researchers in veterinary medicine to design experiments aimed at reducing the progression of cognitive dysfunction in dogs. Two ongoing trials studying canine cognitive dysfunction are in need of canine volunteers: BioRAD and the TRAC Study.

[Full details on SOURCE.](#)

Interested in helping further this research? Please contact Breonna Kusick or Bridgit Patten, clinical trials research associate, at csuneurotrials@colostate.edu or call (970) 297-4405.

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Enrolling Now!

Paid Research Study

Play a series of digital games as part of a research study on brain health. Receive a \$40 gift card per session.



Apply Now

Scan the QR Code, or
Call 888-874-1847



Visit braincheck.com/study for more details and to apply.

BrainCheck

Now recruiting! **The Center has launched its** **Healthy Aging Research Registry.**

The registry is comprised of people who want to be contacted about studies on aging and age-related conditions. The information collected in the registry will be stored in a secure database and access to your contact information will be limited to Center for Healthy Aging leaders. CSU researchers who are performing studies that align with your interests will be given your contact information and may contact you to gauge your interest and eligibility in their study. You can then choose whether or not you would like to participate.

Interested?

Join the registry online.

Questions?

CHAResearchRegistry@colostate.edu
970-495-2528

Funding Opportunities

The National Institutes of Health invites applications for the funding opportunity [Early- and Late-Stage Clinical Trials for the Spectrum of Alzheimer's Disease/Alzheimer's Disease-Related Dementias and Age-Related Cognitive Decline](#). The purpose of this NOFO is to invite applications for clinical trials of interventions to prevent or treat cognitive and behavioral changes in Alzheimer's disease, related dementias, and age-related cognitive decline, and to improve trial design and methods. **Application deadline: Oct.**

17. Application budgets are not limited, but should reflect the actual needs of the proposed project.

The National Institutes of Health invites applications for the [NIH HEAL Initiative PainCare Clinician Training Program: Mentored Clinical Scientist Development Awards](#). This program supports the career development of individuals with clinical doctoral degrees to become independent investigators. **Application deadline: Oct. 12. Award amount: Up to \$125,000 per year (salary) and \$50,000 per year (research development costs).**

Community Happenings



Second Regular Session | 74th General Assembly

Colorado General Assembly

[Colorado's Job Application Fairness Act](#) went into effect on July 1, 2024. The act prohibits employers from inquiring about a prospective employee's age, date of birth, and dates of attendance at or date of graduation from an educational institution on an initial employment application.

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by broadening their talent pool and promoting diversity in their workforce," said Janine Vanderburg, founder of [Changing the Narrative](#), a leading anti-ageism initiative that prompted the bill. Read Vanderburg's statement about SB23-058 on [LinkedIn](#).



MANAGING CONCERNS ABOUT FALLS

Matter of Balance Coaches Training

Thursday, Oct. 10
8 a.m.-5 p.m.
Virtual

A Matter of Balance is an eight-week community class program designed to reduce the fear of falling and increase activity among older adults. Registration is \$20 to cover the cost of manuals. Payment is due to the Morgan County Extension Office by Monday, Oct. 7. Please contact your local Area Agency on Aging if you need funding assistance.

[RSVP](#)



Ping Pong with a Purpose

September 2024

Fort Collins Museum of Art

The NeuroPong Program by Table Tennis Connections and the MoA are partnering to create an awareness and fundraising event to share experiences of living with multiple sclerosis, Parkinson's disease, and mild dementia. The exhibit will kick off on Sept. 6 with concerts, tours, bands, and other special events scheduled throughout the month. Artists, caregivers, and family members living with neurodegenerative disorders are invited to create a piece of art using a ping pong paddle as their canvas. The event is also seeking sponsors for equipment and giveaways.

Interested? Contact Antonio Barbera, M.D.
at abarbera@tabletennisconnections.org.

[Learn more](#)

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