



We'll be
starting soon...



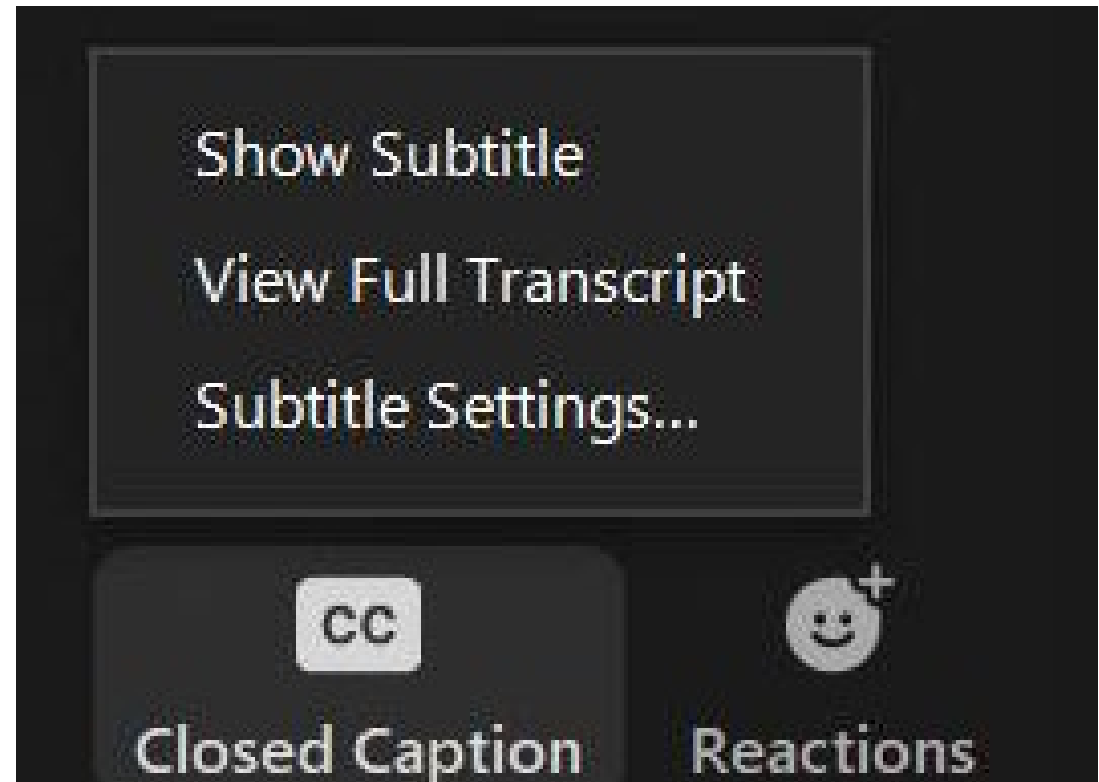
Welcome to the 8th Annual Age of Champions Health and Wellness Fair

Brought to you by: Center on Aging and Community Living & the Department of Recreation Management and Policy at the University of New Hampshire

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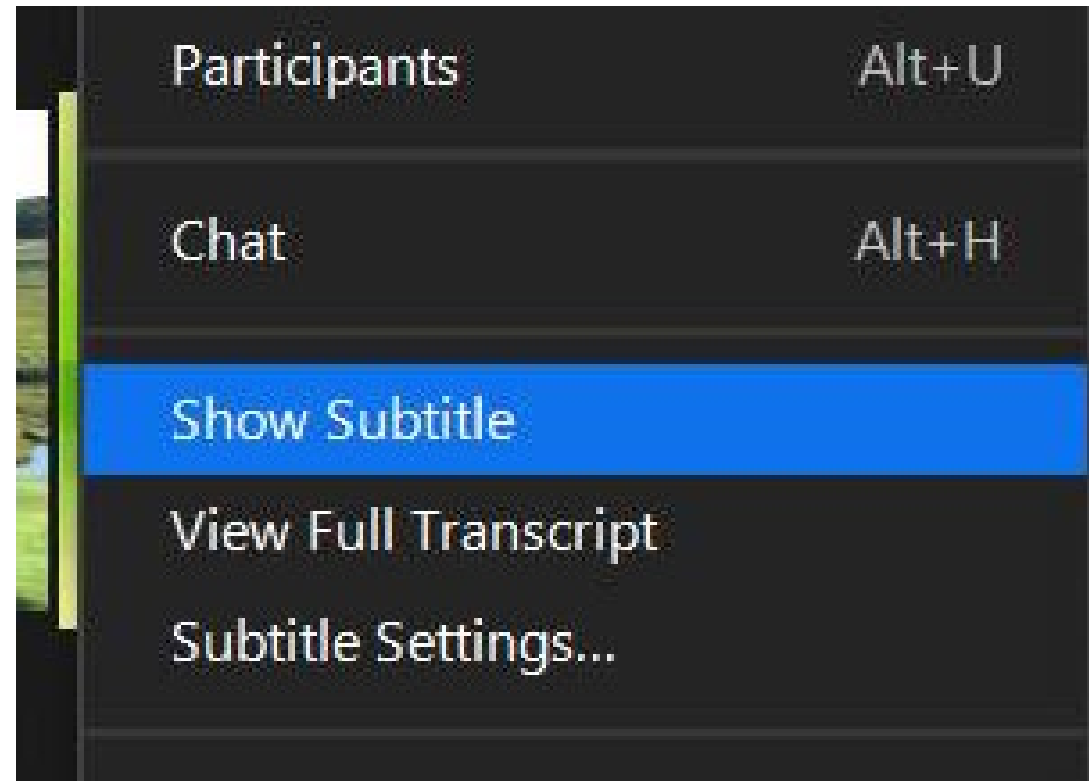


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Welcome to the 8th Annual Age of Champions Health and Wellness Fair

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Welcome to UNH!

1. Dedication for the 8th Age of Champions
2. Welcoming Remarks – Provost Jones and Dean Ferrara
3. Wildcat Inspiration Awards- Doug and Katie Wheeler
4. Brief history of the event
5. Shout Outs
6. What the week holds
7. Fair opens!





In memory of an amazing human being,
Deidre Prescott

The 2021 Age of Champions is dedicated to honoring our dear friend and consummate planning partner, Deidre Prescott.

This year's Age of Champions Health and Wellness Fair is dedicated in memory of Deidre Prescott. Not only was Deidre a formidable force for positivity and action in her own community, she was also an integral part of linking the UNH Age of Champions event to the Active Retirement Association. She joined our planning team in 2019 and was a vital part of making our events a success.

Deidre was a remarkable woman who lived her life in service to others. She worked for the State of NH for more than 30 years advocating for the rights of people with developmental disabilities and their families. In her retirement, she volunteered and served on the Board for the Table of Plenty community kitchen and was the board President of the Active Retirement Association.

Her compassion and joy have been spread far and wide.





**Welcome from
Provost Wayne Jones &
CHHS Dean Mike Ferrara**





Wildcat Inspiration Awards

*Honoring citizens who exemplify engaged,
healthy living throughout the lifespan!*



The 2021 Wildcat Inspiration Awardees

Katie &
Doug
Wheeler





It's never too soon
to age well!

Shout out to this year's Sponsors



Shout Out to Outreach Partners!

CONWAY
PUBLIC LIBRARY
CONWAY, NEW HAMPSHIRE



Conway Public Library

Tamworth- Cook Memorial Library



Manchester



Portsmouth Senior Center



Keene



Shout out to the Planning Committee

Thank you for an awesome year!



Co-Directors of CACL: Laura Davie and Jennifer Rabalais

Community Partners: Brinn Sullivan and Jean Crouch

Planning Committee Members: Bridget Drake, Sam Leiper, Marguerite Corvini

Students Extraordinaire: Maddey Gates-Milardo and Jennifer Seher



Important information about the week's event

April 19-23, 2021

The website may provide information related to exercise, fitness, diet and nutrition and other content that is intended for your personal use and information purposes only. You should consult with a physician before beginning any exercise, fitness, diet or nutrition routine, especially if you are pregnant or have pre-existing health conditions. Nothing contained in the website should be considered as medical advice or diagnosis. Your use of the website is solely at your own risk.



This year, to mirror our five-day virtual structure, we will celebrate wellness through the model of five holistic wellness domains.

Balancing these five dimensions contributes to wellness throughout the lifespan!



Monday's Dimension Intellectual & Cognitive

The intellectual & cognitive domain includes our ability to attend and focus, to plan and execute tasks, to set goals and make decisions, to recall memories, and use language and numeracy skills.

This is the **THINKING** domain.



Tuesday's Dimension

Social



The social domain focuses on our ability to communicate, engage, and otherwise connect with our fellow humans. In the social domain we build social and cultural competence and our interpersonal skills.

This is the **CONNECTING** dimension of wellness.



Wednesday's Dimension

Physical



The physical domain focuses on our ability to move well and be fit, energetic, and functional.

Maintaining and improving balance, nutrition and health literacy are key focuses.

This is the MOVING & BEING dimension of wellness.



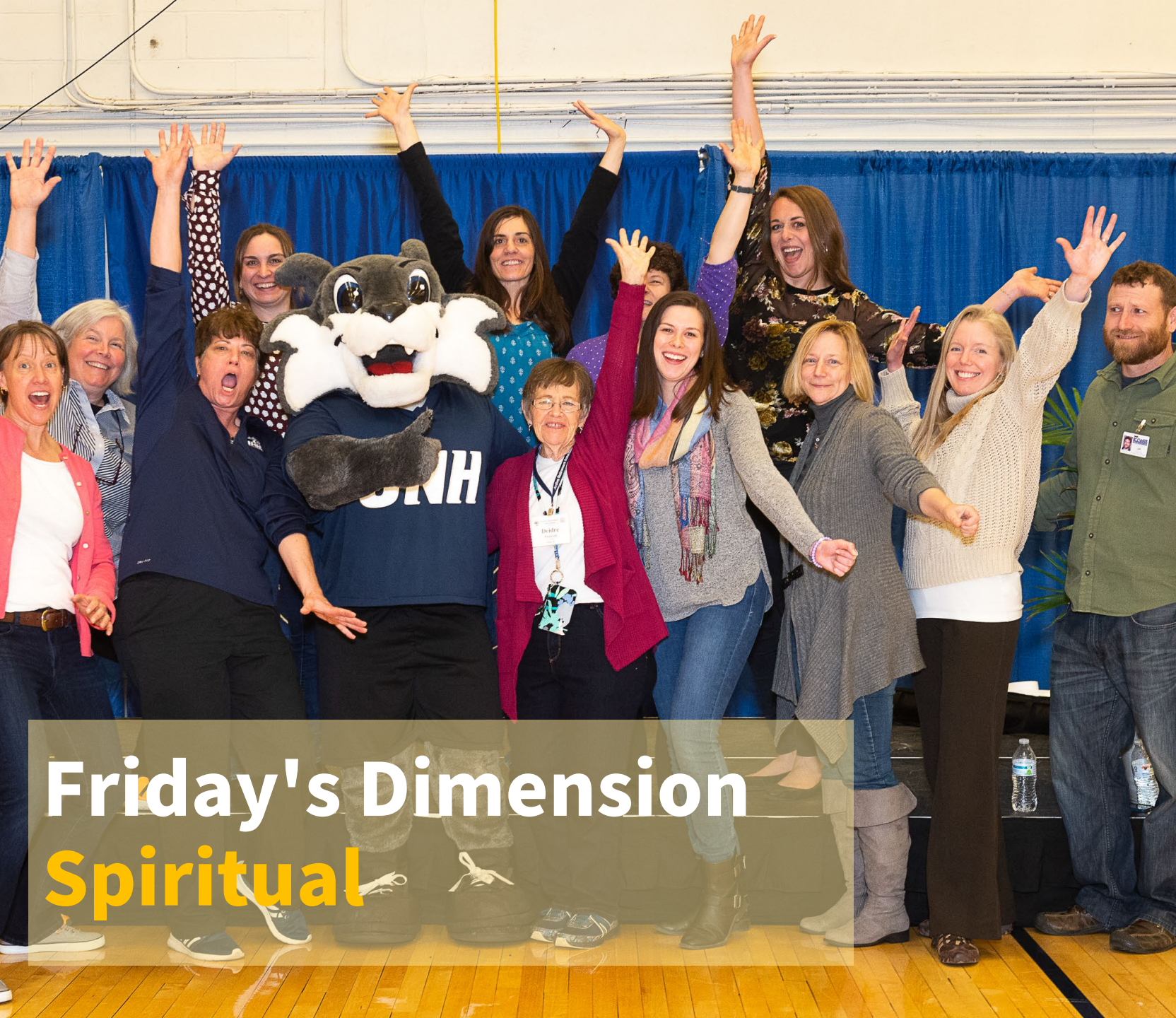
Thursday's Dimension Emotional



The emotional domain emphasizes self-awareness, compassion for self and others, mindfulness, optimism and hopefulness.

This is the **FEELING** dimension of wellness.



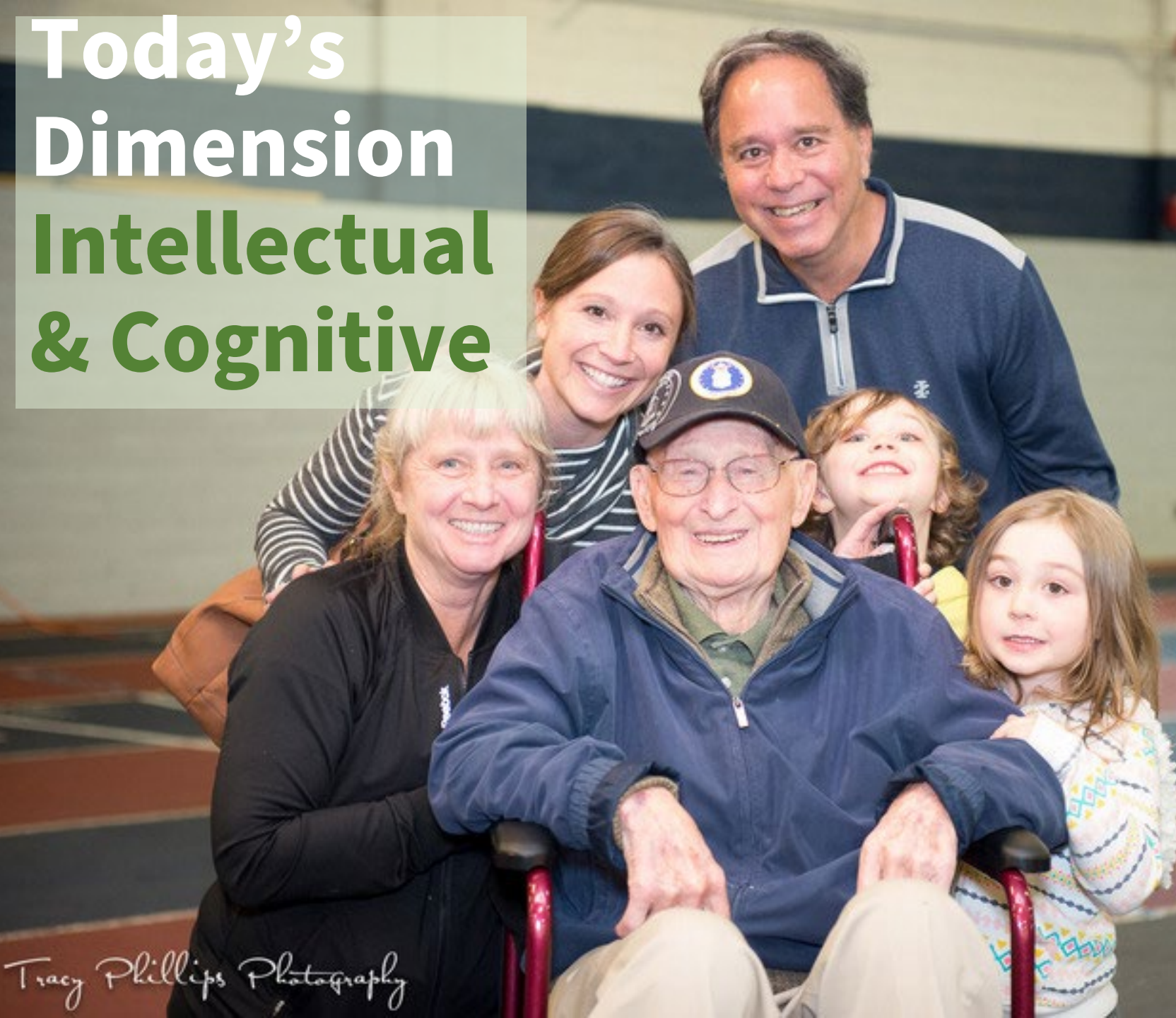


Friday's Dimension Spiritual

The spiritual domain emphasizes connection and relationship to something greater than ourselves. We develop character, strength, and compassion in this realm.

This is the BELONGING dimension of wellness.





Today's Dimension Intellectual & Cognitive

To set the tone for the week, our first day's dimension asks us to be lifelong learners.

"Live as if you were to die tomorrow. Learn as if you were to live forever"
- Mahatma Gandhi

When our intellectual wellness is supported we approach the world with a sense of wonder, discovery, and curiosity.

Today's vision:
I think in a focused way and learn eagerly.

With curiosity
at the center,
we open ourselves
to be well!



Guiding Questions:

What makes you most curious?

What inspires you to learn?

Who has guided your lifelong learning?

When does your mind feel most open?

What sparks your interest?



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Let the fun begin!

Please enjoy the Fair!

