What is Iowa State University Extension and Outreach Human Sciences?  [check us out](#)

**Walk With Ease: A program for better living**
Walk with Ease is an evidence-based program designed to help older adults establish healthy patterns of physical activity. The Physical Activity and Health Promotion Lab at Iowa State University is seeking older adults to participate in a research evaluation of the self-directed Walk with Ease program and evaluate enhancements designed to promote long-term walking routines. Features of the program include: Learn skills to build healthy habits, virtual sessions offer flexibility and convenience, and a free guidebook and virtual resources. For more information, go to [www.walkwitheaseisu.org](http://www.walkwitheaseisu.org).

**Stay Independent: A Healthy Aging Series**
It’s never too early—or too late—to set realistic goals for eating well and moving more. Learn the health benefits of eating well and how to strengthen your muscles to stay independent for life. Sample healthy, tasty, and low-cost food and trade tips with peers. The *Stay Independent* series is for adults age 60 and older and covers the following topics:

- Three Meals a Day
- Feast on Fruits and Vegetables
- Power Up with Protein
- Exercise Your Independence
- Cooking for One or Two
- Brain Health

This series will be offered in several locations this winter and virtually. Visit the [Stay Independent](#) webpage for locations and to register.

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Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.
Question. Persuade. Refer.
Say “Yes” to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone for help. Look for several face to face and online training opportunities being offered in your area. Would your organization be interested in hosting a training? Contact Dawn Dunnegan at 319-217-9474 or Dunnegan@iastate.edu or contact your local county extension office to learn more today.