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Facts & Figures on Midlife

- *Over the next decade, about 1.2 million women annually will become menopausal.*
- *Eighty percent of women in menopause experience one or more symptoms, but only 10-35% are affected strongly enough to seek professional help.*
- *Osteoporosis leads to more than one million bone fractures each year and touches the lives of twenty million older Americans, at a cost of \$3.89 billion annually.*
- *Heart disease is the #1 killer in the USA. One in four Americans suffer from coronary artery disease.*

Programs can be adapted to meet your group's interest and needs. Formats of 45 minutes to 2 hours can be accommodated. It is also possible to schedule multiple topics and/or a series of topics. To schedule programs contact:

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Navigating Midlife



The *Navigating Midlife* series was developed by Ohio Family Consumer Sciences Extension Agents:

- Carol Chandler, Union County, Marysville,
- Susan Crusey, Logan County, Bellefontaine,
- Joyce Fittro, Delaware County, Delaware
- Carol Miller, Clark County, Springfield

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Keith L. Smith, Associate Vice President for Ag. Admin. and Director, OSU Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868



"WE COULD SOLVE THE ENERGY CRISIS, IF ONLY WE COULD HARNESS OUR HOT FLASHES!"



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Workshop Goal . . .

To increase knowledge and improve attitudes relating to issues common to midlife.

Previous Participants' Comments

"How little is known about women's issues."

"As women, we need to take charge of our lives."

"I'm not alone in my feelings."

"Laughter is good."

"I can like myself as I am right now."

"I learned to accept aging gracefully and humorously."

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Program Topics

I'm Not Aging, I'm Marinating

Osteoporosis! Vitamin E! Beta-carotene! These are all in the news. This session deals with these and other midlife nutrition issues.

Laughter Is Ageless

Does it seem like getting older brings only aches and pains? This session will help you change your perspective to see the positive and humorous side of aging. Bring your sense of humor and be ready to laugh!

Weathering Change

Have you ever looked at all the things you do differently now from when you were a "young thing?" Change is inevitable, but sometimes it happens when you are not looking. The key to navigating midlife is to look forward to the new adventures ahead.

When Your Chest Falls Into Your Drawers

Midlife brings changes in the body contour. Making wise clothing choices can help build confidence and self-esteem, while meeting the needs of a busy lifestyle.

The Magic & Miseries of Menopause

Hormone replacement therapy? Estrogen replacement therapy? Or natural treatments? You need to know as much about the options available in order to make informed choices.

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Making Love Last a Lifetime

Marriage is two people working together to make their lives fuller, planning together to reach goals and dreams for the future. It is a sense of connectedness that comes from problems met and resolved, crises overcome and victories shared. Explore ways to nurture your special relationship in this session.

Making Cents out of Non-Cents

Financial considerations are important at all ages. This session helps you look at midlife financial concerns and decisions you must make.

Men in Midlife

Over 25.1 million U.S. men age 40-55 are dealing with memory loss, anxiety about sexual changes, and the direction of their lives. This session explores the myths and facts of men's midlife issues and shows how family and friends can provide support.



"Now that your toy has new tires, you should have that spare checked out!"

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