

2023 ANNUAL LESSON SERIES

***Men's Health, Arthritis: Four Common Conditions** - *Holly Miner, Extension Agent / Londa Nwadike, Food Safety Specialist / Bradley Dirks, Associate Director for Physician's Assistant Program / Tandy Rundus, Extension Nutrition Program Specialist*

This lesson will provide the participant with practical information to help men understand and defend against various types of arthritis. They will learn the four major types of arthritis, risk factors, diagnosis, and what a healthy dietary pattern for arthritis would be.

***Men's Health, Cancer: Early Detection and Screening** – *Holly Miner, Extension Agent / Londa Nwadike, Food Safety Specialist / Bradley Dirks, Associate Director for Physician's Assistant Program / Tandy Rundus, Extension Nutrition Program Specialist*

This lesson will provide the participant with practical advice to help men defend against three types of cancer: prostate, colorectal, and testicular. It will include a description of each cancer, risk factors and symptoms associated with each type of cancer, techniques to reduce risk, and tests for early cancer detection.

***Healthy Body, Healthy Brain** – *Sharolyn Jackson, Regional Extension Specialist / Lori Wuellner, Extension Agent*

Healthy minds live in healthy bodies. Through this lesson, we will explore how healthful lifestyle habits benefit your body AND your brain. Participants will learn how having a healthy heart supports brain function as you age; how an excessive amount of sugar in your diet effects your brain; how exercise, or lack of, impacts brain health; and how adequate quality sleep restores brain function.

We'll also explore the MIND diet; provide recommendations on the type and amount of exercise that is best for your brain; and offer tips for getting restorative sleep.

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