



## Curiosity Never Retires

# *Learning In Retirement*

Lifelong Learning in Eugene and Springfield

The Mayo Clinic has identified several “Healthy Habits for Healthy Aging”

### Expand Your Mind

Mental activity is as important to your mental health and agility as physical activity is to the health and agility of your body. It's important to challenge yourself throughout your life you can continue to expand our mind by trying the following:

- Take classes
- Read regularly and keep a journal
- Join a book club or other discussion group
- Stay up to date with technology; it's as simple as learning to use e-mail to communicate with family and friends or learning to use the internet
- Continue or develop new musical or artistic talents
- Teach others your skills or knowledge
- Explore the cultural scene in your community (attend concerts, plays, museums and lectures)



“ *LIR adds a new dimension to our lives.* ”



UNIVERSITY OF OREGON

(over)

## **Nurture Relationships**

Relationships with family and friends are an important part of your social support network and can provide emotional support and a sense of connectedness.

## **Get Involved**

Being part of a network can benefit you physically and mentally. This can be as simple as joining an organization and helping to further its cause.

## **Set Goals**

Setting goals can help you maintain a feeling of purpose. Identify some of the things you'd like to do such as improving your fitness level, learning a language or how to play an instrument, spending more time reading or investigating a subject that intrigues you.

## **Have Fun**

Taking time for the things you enjoy in life will help you feel better and more satisfied.



*“It’s a great way to meet others  
who are interested in learning, exploring.”*

*<http://lir.uoregon.edu>  
(541) 346-0697*