



# Roundtable on African American Health

Presented by



CLASS OF 1976

OGRE PHI OGRE II

Remember the good old days when we were all “young, gifted and black?” We are still gifted and black and most of us remain young at heart. But the vagaries of aging have cost some of us the pep in our step and glide in our stride. The Health Roundtable is designed to address some of the effects of aging and what we can do to meet them.

Join the Class of '76 for a monthly *Roundtable on African American Health* so that you might strengthen and enhance your knowledge of practices that support a productive and healthy lifestyle.

**Tuesday, April 13, 2021 at 7:30 PM EST**  
***The Best of Times: Working Your Body***  
**Presenter: Karen Jefferson, RN, MSN, GNP**

Ogre Phi Ogre II classmate Karen Jefferson, Gerontological Nurse Practitioner, has an undergraduate and graduate degrees in nursing from our alma mater. Working with aging adults continues to be her love in nursing. She is going to share that love and knowledge with us in her presentation of *The Best of Times: Working Your Body*.

Some of us have followed a consistent practice of exercising and caring for our bodies, some intermittently have done moderate to high activity and exercising, while some have done little to no exercise. Karen will lead a lively and conversation about how we can keep our bodies fit and agile. She will also the most common injuries, such as falls, hip fractures, wrist/ankle fractures and the benefits of exercise to prevent them. Additionally she will focus how we can maintain your highest level of health as we strive to age well and gracefully.

