

## 10.11j “Successful Aging” Workshop Description and Expectations Contract

### LIFE Successful Aging Workshops

Congratulations! You are now part of the Successful aging for Successful Aging Workshop Comparison Group. You will attend and participate in a series workshops related to healthy living and Successful Aging. These workshops give you the opportunity to learn about variety of subjects that pertain to living a healthier lifestyle. Some examples of the workshops include: healthy & enjoyable eating habits, health care insurance options, home safety and preparedness, travel ideas for older adults, and volunteerism.

<div>Workshops are offered:</div> <div>Day:</div> <div>Time:</div> <div>Location:</div> <div>Workshop Leader:</div>
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#### Expectations for Participation:

For the first 6 months of the study, you are expected to attend a workshop/class every week. After 6 months, you are expected to come to at least once a month.

You will be sent a class calendars every month to inform you of upcoming workshops. Notify your workshop leader in advance if you are unable to attend any session.

Attend your scheduled health evaluations. These will occur 6, 12, and 18 months from now.

Keep in contact with the staff so that we know how you are doing.

Your signature below indicates that you understand your LIFE study condition and what we have asked you to do.

Signed (participant): \_\_\_\_\_ Date: \_\_\_\_\_  
Witness: \_\_\_\_\_ Date: \_\_\_\_\_