



‘Healthy Aging: A KET Forum’ discusses ways to promote physical and mental well-being as we age

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As the state’s population grows older, more and more Kentuckians will face the challenges of caring for an aging loved one.

In *Healthy Aging: A KET Forum*, Dr. Wayne Tuckson, host of the weekly series *Kentucky Health*, and a panel of experts discuss ways to promote our best health as we age through maintenance of our physical, social and mental habits.

Guests on the program include:

- Misha Rhodes, chief medical officer of CenterWell of Kentucky and Indiana
- Avery Kolers, professor and chair of the Department of Philosophy at the University of Louisville
- Zain Gudrun, neurologist in the UK Neuroscience Institute with a specialization in movement disorders
- Bryant Stamford, professor of kinesiology and integrative physiology at Hanover College
- Jiapeng Huang, vice chairman of the UL Department of Anesthesiology, associate editor of *Journal of Cardiothoracic and Vascular Anesthesiology*, secretary-treasurer of the Kentucky Medical Association
- John Wong, vice chairman of the US Preventative Task Force

Healthy Aging: A KET Forum

KET Monday, June 3 • 8/7 pm

KET Monday, June 10 • 5/4 pm

Stream at [KET.org](https://ket.org) and the PBS App

The forum is part of a larger KET initiative called The Next Chapter, which will focus on aging issues and offer a curated collection of programs and resources related to the challenges and



rewards of navigating one's golden years. Over the next year, look for future *KET Forums* covering additional topics related to aging, such as access to healthcare, finances, the aging brain, Medicare and more as well as *Kentucky Health*, *Kentucky Edition* and other KET productions dedicated to this topic.

For more info, visit KET.org/NextChapter.

Healthy Aging: A KET Forum and The Next Chapter initiative are funded in part by the KET Endowment for Kentucky Productions.

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