Back to School!

The sunny play days of summer are slowly turning into the hustle of homework and study time. The back-to-school days are upon us and, for some of us, that affects both adults and children. We believe in lifelong learning and we’re providing tips for going back to school, no matter your age.

Post and share this content with your colleagues!

Coach Clip: Think you’re too old to go back to school? Don’t let Coach Barbara hear that! She knows you’re Never Too Old to Learn.

Recipe: Some mornings are just crazier than others. Try this recipe for Spinach and Ham English Muffin Pizzas to bring a smile to even the most stressed of faces!

Brain Game: Get your brain primed for learning with our brain game, Back to School Word Search.

Podcast: Test anxiety never seems to go away, no matter how old you are. Coach Brenda offers some Studying Tips on how to beat test anxiety in our podcast. Download it straight to your computer or smartphone.

Poster: Make sure you’re ready to start school with our Back to School Checklist poster. Use this as a reminder so you don’t find yourself scrambling at the last minute.

90-second Video: The world of online education is growing so fast! Our 90-second video shows you How to Find an Online Class on just about anything.

No matter what your age or goals, keep learning! Research continues to show the benefits of keeping your brain active as you age. Whether you want to begin learning Spanish, ceramics, or small engine repair, get out there and do it! It’s never too late.

Keep an eye out for next month’s Health Kit, which is all about Healthy Aging!