

Special Edition # 2 – Well-Being Committee

The Well – Being Committee launched a schedule of monthly programs in 2025-2026, on health topics of importance. Program Videos are posted on the Well-Being webpage - [Well Being and Engaged Aging](#)

There are four programs remaining, each on the second Thursday of the month at 10:00 am. Mark your calendar! The committee met this month to plan for the coming year and to discuss the University Well Being retreat held recently. Please reach out with your thoughts, ideas, and concerns at emerituscollege@clemson.edu.

2025-26	Well-Being Program Schedule	Speakers
9/11/25 ✓	Introduction to Struggle Well	Greg Mullen
10/3/25 ✓	Free Flu Shot Clinic at the Emeritus College	Clemson Rural Health
10/9/25 ✓	Brain Health	Rosanne Pruitt
11/6-7 ✓	Struggle Well Workshop	Greg Mullen
11/13/25 ✓	Healthy Eating Home & Away	Marge Condrasky
1/8/26 ✓	Fall Prevention & Balance	Karen Kemper
2/12/26	Balance & Strength	Karen Kemper
3/12/26	Your Medication Safety: Dangers & Resources	Rosanne Pruitt
4/9/26	Smart Phone Apps & Tips	James Gilmore
5/14/26	Panel: Advocacy for Self	TBD

WELL-BEING COMMITTEE

Rosanne Pruitt, Co-Chair
Marge Condrasky, Co-Chair
Joel Greenstein
Bonnie Holiday
Debbie Jackson
Karen Kemper
Greg Mullen
Victoria Musheff

RESOURCES

A fall is an **unintentional change in position**, coming to rest on the ground, floor, or onto the next lower surface (e.g. onto a bed, chair or bedside mat). Includes falling from a seated, standing or reclined starting point.

CDC Fall Prevention Planning Tool

<https://lifefallprevention.com>



Stay Independent Survey

<https://www.ncoa.org/tools/falls-free-checkup/>

AARP EVENTS

<https://local.aarp.org/columbia-sc/aarp-events/?popup=>

RESOURCES
WELL-BEING & ENGAGED AGING

See our new [Resources Webpage!](#)
Don't forget to scroll!
Videos of our monthly well-being programs are posted here.

Well-being is an optimal and dynamic state that empowers individuals to reach their full potential.