



## Successful Aging Through the Life Span: Intergenerational Issues in Health

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# Successful Aging Through the Life Span: Intergenerational Issues in Health

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This book explores concepts and practices for productive aging: What factors contribute to successful aging? What is the role of exercise and nutrition? What is the role of children and adults in interaction with elders?

The chapters identify the best practices for successful aging, examine trends in intergenerational caregiving, and define roles and responsibilities across the life span. Topics addressed include:

- how to maximize productive engagement of older adults
- how multigenerational issues impact successful aging
- the ways in which a learning environment can promote intergenerational relationships.

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