

University of Minnesota Occupational Therapy (OT) program faculty & students and a community-based OT at ExercisAbilities in Rochester, MN invite YOU to participate in a **free 6-session virtual telehealth OT program** for adults above the age of 65+ in rural MN communities, with a focus on those involved in agriculture!



We are seeking **volunteers** who want to focus on staying active and healthy, manage stress, and learn strategies to keep up with their robust home & work routines. Join us to learn ways to “age in place” safely and effectively!

*For those who may not have access to technology, please reach out so we can help!
(Family members are welcome to join the sessions, too!)*

For more information, call the project coordinator, Maria Serbus, OTR, at 507-218-1286.

You can find additional information about the UofM OTD Telehealth programs using the QR code. Contact the project and course director, Dr. Tamara Vos-Draper, by email vosdr001@umn.edu



This is a partnership project with Upper Midwest Agricultural Safety & Health Center (UMASH). <http://umash.umn.edu/>