

Nature As We Age Agenda

Connecting People, Place, and Purpose

**September 25, 2026 • 9:00 a.m. to 3:30 p.m. • Lake Superior College
Commons Room M255 2010, Trinity Rd. Duluth, MN**

Learning Objectives:

1. Explore the physical, mental, and social health benefits of nature through the sharing and collection of personal stories that elevate the voices and wisdom of older adults in the region.
2. Discover practical approaches to advancing age inclusion and expanding access to nature-based experiences across Northeast Minnesota.
3. Strengthen cross-sector partnerships that bridge aging, health, parks and recreation, and volunteer engagement efforts; and
4. Co-create a shared vision and actionable opportunities that connect people, place, and purpose through nature as we age.

Agenda

9:00 – 9:30 AM: Registration and Community Connection

9:30 – 9:45 AM: Welcome and Overview of the Day

9:45 – 10:10 AM: Nature As We Age – Field Scan Overview

10:10 – 10:30 AM: Impromptu Networking Activity

10:30 – 11:30 AM – Keynote Presentation – Larry Weber, Naturalist

11:30 AM – 11:45 AM: Networking Break

Visit vendor tables and read stories at the Minnesota Story Collective table

11:45 AM – 12:30 PM: Lunch and Affinity Networking

Informal Discussions (e.g., Transportation Practical Accessibility Solutions, Winter Access, Intergenerational Connections in Nature, Age-Inclusive Planning, Advocacy and Building Cross-Sector Partnerships, Health Promotion and Nature, Purpose and Creativity Through Nature, Volunteer Opportunities, Caregivers and Nature)

12:30 PM – 1:45 PM: Regional Panel and Discussion on Age-Inclusive Nature-Based Programs

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 **Arrowhead Area
Agency on Aging**
A Division of ARDC

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1:45 – 2:15 PM: Collective Action Activity: “1-2-4-All” Brainstorming Session

Prompt: “What is one thing our organization/community can do in the next six months to make our local natural spaces more welcoming for older adults? What partnerships and resources exist or are needed to achieve this work?”

2:15 – 2:30 PM: Reflections, Closing & Evaluation

2:30-3:30 PM: Optional activities:

Option 1: Tour Ecolibrium3’s Urban Farm on LSC Campus (must pre-register)

Option 2: Guided Nature Walk with Larry Weber (must pre-register)

Option 3: Story Collection by Arrowhead Area Agency on Aging and Minnesota Story Collective.

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