Aging through the ages  
Post-Program Questionnaire

Please take a moment to fill out the post-program questionnaire for **Aging Through the Ages**

**QUESTION RESPONSE (PLEASE CIRCLE BEST OPTION)**

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| --- | --- | --- | --- |
| I am knowledgeable of how the diet of our ancestors’ benefits our physiology today. | Not sure | Somewhat sure | Very sure |
| I am aware of how the Industrial Revolution changed the view of older adults in America. | Not sure | Somewhat sure | Very |
| I understand the pros and cons of how technology can impact my wellbeing and independence. | Not sure | Somewhat sure | Very sure |
| I feel confident in my ability to share my knowledge and skills with others. | Not sure | Somewhat sure | Very sure |
| I know how I can take small action steps that can positively change the perception of aging. | Disagree | Neither agree nor disagree | Agree |

What is one thing you valued learning in the **Aging Through the Ages** program?

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