

LECTURE SERIES

IN PARTNERSHIP WITH ELDERWERKS

Fridays from 12:45pm – 1:45pm

Oct 5th – Activities to Keep You Young (or Young at Heart)

Learn about mind, body and soul activities that will help you during the aging process. -With Elderwerks

Oct 12th – Stress Relief

Tips and tools to manage everyday stress.
-With Jen Miller Wellness Coach

Oct 19th – Age Out Loud; Activities to Stay Connected

Learn about sites, products and activities that will help you stay connected, safely, with friends and family. -With Elderwerks

Oct 26th – Wellness Through Movement

Learn how movement can help overall wellness.
-With Kristin Mendes Wellness Coach

Nov 2nd – Planning for Future Needs

Learn about senior housing and options for older adults and seniors after retirement. Planning is essential for successful aging. -With Elderwerks

To register please email events@elderwerks.com

Need help finding assisted living or other types of senior care?

Free consultation: 855-462-0100



Come in and visit. Open to the public, we have many types of memberships for all your needs. Get a free trial today!

