

Senior Transitions

Empowerment Seminar – Managing Life's Changes



Senior Transitions – Aging With Grace

Tuesday, October 8, 2019

Time: Noon – 2:00 p.m.

Location: Family Life Center

Passionate about life, the quality of your relationships, or concerned about how to continue to be the best you can be with new transitions in your life? This seminar is for YOU! If you are living through various changes--physical or emotional or supporting loved ones in their transitions--this seminar will provide insights, support, and resources to assist in engaging life to the fullest.

Planning for your future needs is an important way of managing the aging process. Learn valuable empowerment tools to assist you in creating a life you want to live. Other topics to be discussed include senior housing and care options. We will also have information on local support resources.

**Please bring a
lunch and a friend!**



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*Congregational Outreach
Health and Wellness*

