

June

Facing the Losses of Aging

2011

Webinar

ADJUSTING TO THE PROCESS OF AGING

June 21st at 11 am,
1 pm, and 3 pm CDT

Explore the impact of the natural aging process. Identify the physical changes and emotional adjustments that happen as our bodies age. Learn positive choices to help achieve healthy aging.

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Every older person must face the inevitable losses of aging. Changes in the body may mean the loss of mobility or independence. Aging adults and those who care for them benefit from understanding that the experience of these losses is not lessened by age. Let us help with support for caregivers, information on aging, resources for grieving and loss, and help with planning for elder care. Call or log on to get started.

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