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Honestly Aging by VigR Health Podcast

EPISODE 9

Ageism and Its
Impact on
Today's Society



Episode 9: Ageism and Its Impact on Today's Society

What is ageism, and why should we care about it?

On this episode of Honestly Aging by VigR Health we're joined by Katie Reilly, PhD, who explored this and more during her doctoral research on the existence of ageism.

Listen to this podcast episode and better understand what ageism is, its negative repercussions, strategies to combat it, and more.

Watch Now

Listen Now

Friends Life Care VigR® Chats



Friends Life Care Summer School: Perfecting Your Squat

We're back with the second class in our Friends Life Care Summer School series.

In this brief video, Meredith Puente, BS, CPT, NBC-HWC, RYT, teaches us how to perfect our squat form to help make our workouts safer and more effective.

Watch Now

Friends Life Care VigR® Wellness Webinar

Senior Moment or Alzheimer's Disease?



Senior Moment or Alzheimer's Disease?

Learn the difference between normal aging and early warning signs of Alzheimer's Disease.

Dr. Cherian Verghese explains how Alzheimer's Disease affects the brain and how PET scans and blood tests can be used for early diagnosis. He also discusses research on new medications being developed to treat Alzheimer's Disease.

Watch Now

Honestly Aging by VigR Health Podcast

EPISODE 10

Aging Solo - Are You Taking Time for Self-Care?



Episode 10: Aging Solo - Are You Taking Time for Self-Care?

Might you benefit from having a therapist in your life?

On this episode of Honestly Aging by VigR Health, Katie Starrantino, LCSW, M.Ed, CDP, Friends Life Care's Director of Wellness Initiatives, covers how solo agers can find the right fit with her top 5 considerations when selecting a therapist.

Watch Now

Listen Now

You're Invited to a Friends Life Care Seminar or Webinar



Plan Now for the Future You Want

Where do you want to live as you age? If you're like most older adults, you'd prefer to age at home rather than in a facility or nursing home.

Learn how Friends Life Care membership can help you age with health and independence in the comfort of your own home. Register for a free educational seminar or webinar today.

Sign Up Today

Friends Life Care VigR® Wellness Video



How to Get Up After a Fall

Knowing the right way to get up after a fall is paramount. In this video, Joanne Fagerstrom, PT, CFP, tells you how and also provides guidance on actions you can take to help control a fall if it should happen to you.

[Watch Now](#)

eMeetinghouse Blog

Is Aging in
Place Right
for You or a
Loved One?



Friends LifeCare®
Your Life • Your Independence • Your Home



Is Aging in Place Right for You or a Loved One?

Most older adults want to age in the comfort of their own homes. Do you? How about your loved ones?

Let's take a look at what aging in place entails to give you a clear understanding of what to expect and how to plan for peace of mind as you age.

[Read More](#)

Are you prepared to age with peace of mind, financial stability, and support if you need long-term care? Many older adults are not.

You're invited to learn how a Morningstar Living and Friends Life Care membership can protect your assets, maintain your independence, and help you stay at home as you age.

Please register and join us for an informational [seminar](#) or [webinar](#).

Get a snapshot of what else you'll learn from Jay Hilliard, a Friends Life Care Plan Counselor.

Watch Now



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460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US