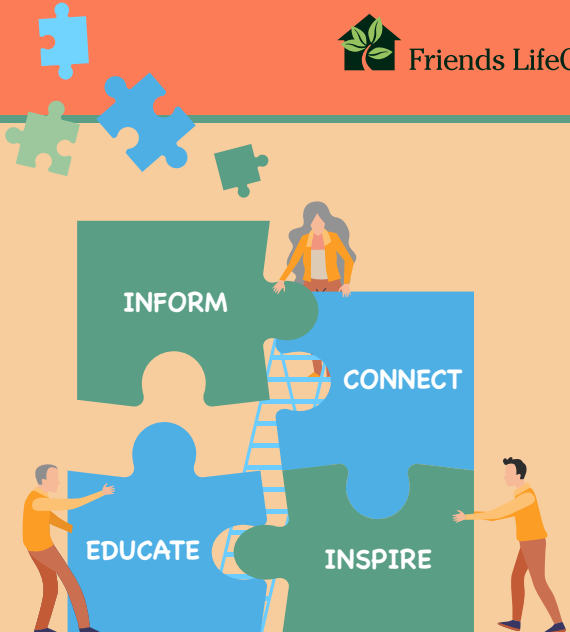


At Friends Life Care, we understand that your health and well-being are comprised of many aspects. We strive to keep you healthy and actively enjoying life through a holistic focus on your physical, intellectual, emotional, social, vocational, environmental, and spiritual wellness.



We deliver on this approach through our award-winning program, VigR®. This diverse program provides innovative health and wellness solutions to inform, educate, connect, and inspire you to thrive now and in the future. It is free of charge to Friends Life Care members.

VigR® = Vitality, Independence, Growth, Resilience™

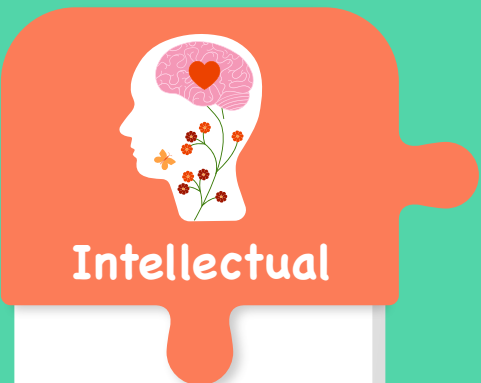
Are you interested in learning some of the ways VigR® can help improve your wellness? Take a look at how a sample of our past programming has addressed the many dimensions of wellness.



Physical

Our members raved about our Tai Chi series. Tai Chi has a strong research backing with benefits like improving balance and stability.

Watch Now!



Intellectual

Over 100 people joined us to learn from a speech-language pathologist about “How The Brain Works and What To Do When It Doesn’t.”

Watch Now!



Emotional

A local professional counselor educated our members about how to manage caregiver stress and burnout.

Watch Now!



Social

One of our members’ favorite get togethers was a memorable tour of historic Boat House Row in Philadelphia.

Learn More!



Vocational

During the height of the pandemic, Friends Life Care members volunteered to check in on one another via phone to combat loneliness.

Contact Us!



Environmental

A speaker about the KonMari Method™ helped us organize our homes, which can help lower stress and improve safety.

Watch Now!



Spiritual

Our quarterly member meeting featured a community pastor who spoke about the impact faith, love, trust, and forgiveness have on our quality of life.

Apply Now!



There is a difference between aging and aging well. Friends Life Care and VigR® can be that difference. Our mission at Friends Life Care is to preserve our members’ health and wellness to help them age well, and VigR® is an essential part of that. VigR® can educate, prepare, and motivate you to thrive in place and take charge of your future, which is the mission of Friends Life Care. Maximize your health and wellness by becoming a Friends Life Care member and experience what VigR® has to offer.



For more information about the benefits of Friends Life Care, VigR®, or how to become a member, contact us today at 800.496.1985, ext. 235 or info@flcpartners.org.

