



VigR[®] e-Newsletter

Vol. 6 – Jan. 2021

VigR[®] Virtual Financial Symposium

Join us for VigR's[®] **Virtual Financial Symposium** on January 26 and 27. All workshops are available at **no cost to you**, so please register for as many as you'd like. A full listing of events can be found **in this email** as well as here online. We wish you **financial wellness** in the coming year.



What to Look for Before Hiring a Professional

[WATCH RECORDING](#)

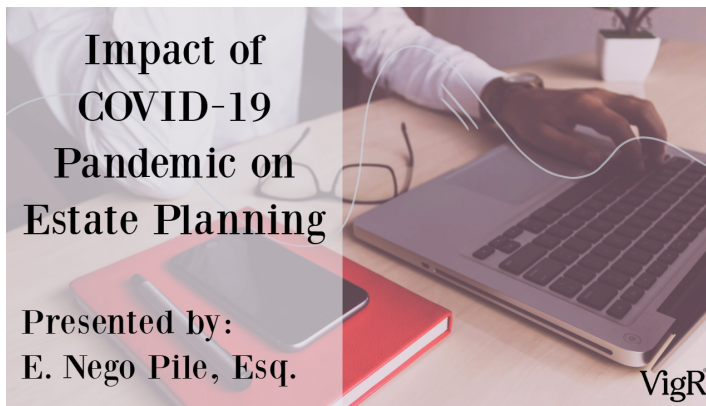
We are constantly **bombarded with information**, images, and rhetoric that may or may not be true. So, how can we discern **who is trustworthy** when seeking advice? **Find out** in this presentation.



COVID-19's Financial Impact & Long-Term Care

[WATCH RECORDING](#)

The COVID-19 **Pandemic is changing** the landscape of long-term care. Join us for a discussion about its impact and the **financial challenges** it presents which are directly and inseparably tied to care and how to prepare.



Impact of COVID-19 Pandemic on Estate Planning

WATCH RECORDING

Learn how the **SECURE and CARES Acts** changed the landscape of estate and financial planning, the recommended **estate planning documents** to have in place, and three changes you may want to make to your estate plan now due to COVID-19.



Financial Planning Strategies for Single Women

WATCH RECORDING

The **financial needs of single women** are different. Find out why it matters and actions you can take now to help **build a more secure financial future** for you and your family.



Savvy Money Habits

WATCH RECORDING

9 Money Habits that will allow you to **build a strong financial foundation** - while enjoying the journey.

Wellness and Care Coordination Corner

Older adults can fall prey to **scams online**, over the phone, in person, or via email. One way to **prevent that** is to be aware of the [most common types](#) of scams.

Create a habit of [pausing for a moment](#) **before buying** with 1-Click or tossing an item into your cart that wasn't on your list.

Forbes Advisor shares their [top 10 retirement tips](#) for 2021.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®



[Forward to a Friend](#)

This email was sent by: Friends Life Care
460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US