



e-Newsletter

Vol. 25 - August 2022



Friends Life Care hopes you are **enjoying whatever it is** you love about summer! In this month's e-newsletter, learn how to preserve physical wellness, **register for an upcoming webinar**, build your financial acumen, and more.

Physical Fitness as We Age

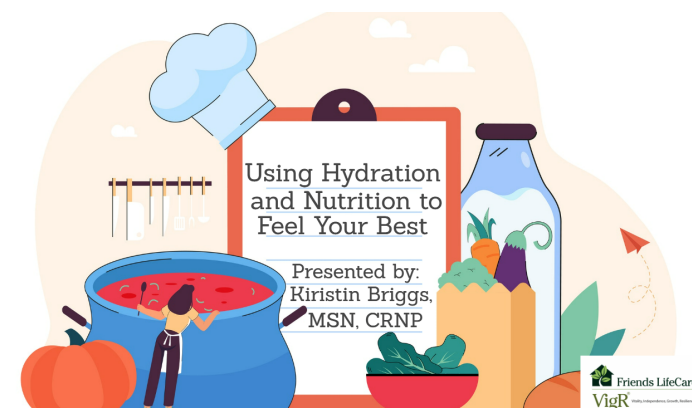
Physical
Fitness
as We
Age



Physical wellness can help **preserve your independence**, lifestyle, and longevity. Get ideas to build your **endurance, strength, balance, and flexibility** in this infographic.

DOWNLOAD NOW

Upcoming Friends Life Care VigR® Wellness Workshops



Using Hydration and Nutrition to Feel Your Best (Friends Life Care VigR® Webinar)

Hydration and nutrition play a **critical role in the overall health** of our mind and body. This webinar, presented by Kiristin Briggs, MSN, CRNP, **will focus on hydration**, its direct effect on major organs, and the [MIND](#) diet.

WATCH RECORDING

Dizziness, Vertigo,
and Falls:
You Don't Have to
Learn to Live
With It!

Presented by:
Dr. Thomas Goyne



Dizziness, Vertigo, and Falls: You Don't Have to Learn to Live With It! (Friends Life Care VigR® Webinar)

Audiologist Dr. Thomas Goyne **walks us through the steps** to combat dizziness, vertigo, and falls.

WATCH RECORDING

How Will You Pay for Long-Term Care?

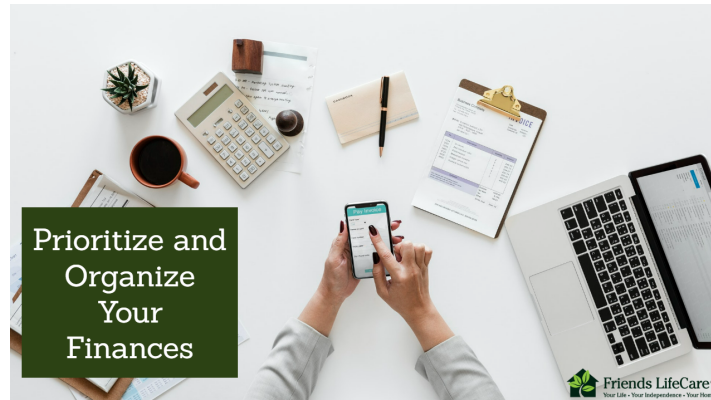


Everywhere you look, **prices** seem to be on the rise. How can you **protect your assets** and plan for a more financially secure future?

Friends Life Care **membership can provide a financial benefit** to pay for long-term care needs. Jay Hilliard, a Friends Life Care Plan Counselor, **explains how** in this Retirement Confidential video.

WATCH NOW

eMeetinghouse Blog

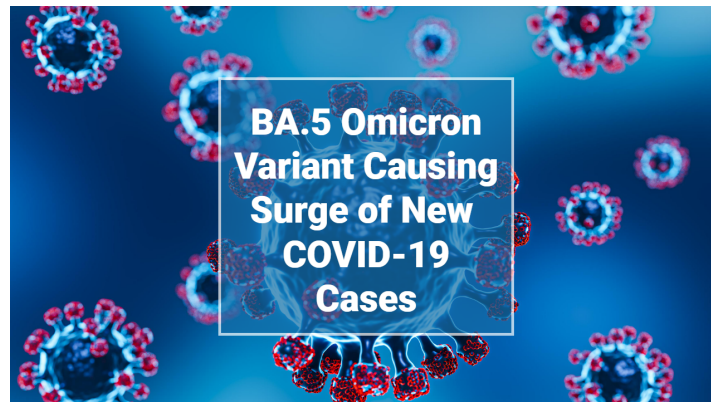


Prioritize and Organize Your Finances

Financial wellness is as relevant as ever, with inflation the highest it's been in years, **interest rate hikes**, and a volatile stock market. Get practical ways to **prioritize and organize your finances now** in this eMeetinghouse blog post contributed by an experienced financial professional.

READ MORE

COVID-19 Update



The BA.5 omicron variant is **causing a surge of new COVID-19 cases** in the United States. The strain is **four times more resistant to COVID-19 vaccines** and more transmissible than other variants.

READ MORE

The CDC offers [these tips](#) to **protect yourself and others** against COVID-19.

Wellness and Care Coordination Corner

Have you heard of the Blue Zones? **These are areas in the world where people live the longest.** [Tips](#) from the Blue Zones can hold clues for our longevity.

This month, the **Centers for Disease Control** recognize [National Immunization Awareness Month](#). Ensure you are **up to date with your vaccinations** by viewing [this](#) guide.

It is frustrating to **have your sleep interrupted** by the need to head to the bathroom. Nocturia is **waking up one or more times each night to use the restroom**, and there are ways to [manage](#) it.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®



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