



Happy Holidays! Friends Life Care wishes you all the best as we close the chapter in 2022 and enter anew in 2023.

Protect What You Have: Financial Implications of COVID-19 & Long-Term Care



The health and financial implications brought on by COVID-19 may have forever changed our lives. In this video, you'll learn how a Friends Life Care membership can help protect what you have.

WATCH NOW

VigR® Chats



The holiday season has many wonderful experiences, like spending time with loved ones, practicing tradition, and indulging in delicious food! Some look to balance enjoying their favorite dishes and movement this time of year.

We've got an exciting new series that will help incorporate some movement into your holiday season. Our Fitness with Friends series is presented by Meredith Puente, owner of Stronger with Age. Meredith's series will take you through intermediate upper body, lower body, and core exercises.

UPPER BODY

LOWER BODY

How Inflation Can Affect Long-Term Care Planning



Inflation is skyrocketing. The stock market continues to be volatile. There are talks of an impending recession. How does today's economy affect long-term care planning? And how can you prepare for what the future might hold?

In this Retirement Confidential video, **Jay Hilliard**, Friends Life Care Plan Counselor, explains.

WATCH NOW

eMeetinghouse Blog



Financial Advisors and Retirement Planning

Did you know that Friends Life Care Plan Counselors have partnered successfully with financial advisors, retirement planners, and other professionals through the years? We're available to **meet with you and your financial professional** to design a membership plan that fits your needs and budget.

READ MORE

Wellness and Care Coordination Corner

You're proud of your grandkids and want to share everything about them, especially around the holidays. So, why do your kids question you about sharing pictures? AARP takes on this topic in their article [Why Your Kids Get Upset With You Sharing on Facebook](#).

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