



You're invited to a **free, informational** Friends Life Care workshop. **Register below.** Also, watch our video about how **caring for an aging loved one** can affect your future planning.

Join Us for a Friends Life Care Informational Seminar or Webinar



Friends Life Care is hosting **free informational seminars in your area** throughout October and November. **Online webinars are also available.** Register using the link below or **email to request a link** to view an on-demand presentation.

REGISTER NOW

Upcoming Friends Life Care VigR® Wellness Workshops



Tech for Daily Living: How TechOWL Can Help You! (Friends Life Care VigR® Webinar)

Learn about the **various free programs** that [TechOWL](#) offers to help people get **connected to the technologies** they need.

WATCH RECORDING



Coping with Grief Through the Holidays (Friends Life Care VigR® Webinar)

The loss of a loved one **may spark strong emotions** during the holidays. This webinar will share **ways to prepare** for and navigate the holidays after a loss.

[WATCH RECORDING](#)

Patricia's Journey with Friends Life Care



After caring for her aging mother, **Patricia wanted something different** for herself, so she joined Friends Life Care.

[WATCH NOW](#)

VigR® Chats



10-Minute Grounding Meditation

In honor of **World Mental Health Day** on October 10, we encourage you to take a few moments to **practice self-care** through a grounding meditation led by **Katie Starrantino, LCSW, M.Ed, CDP**, Friends Life Care Director of Wellness Initiatives.

[MEDITATE NOW](#)

eMeetinghouse Blog



The Importance of Body Awareness

Good body awareness **provides benefits** to physical and emotional health. It can also **improve balance and stability** and reduce the risk of falling.

READ MORE

Wellness and Care Coordination Corner

Are you looking to **swap some food and personal care products in your home** for more natural options? The Environmental Working Group's **Healthy Living [app](#)** makes it **easy** to review ingredients and pick the best choice for you.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



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