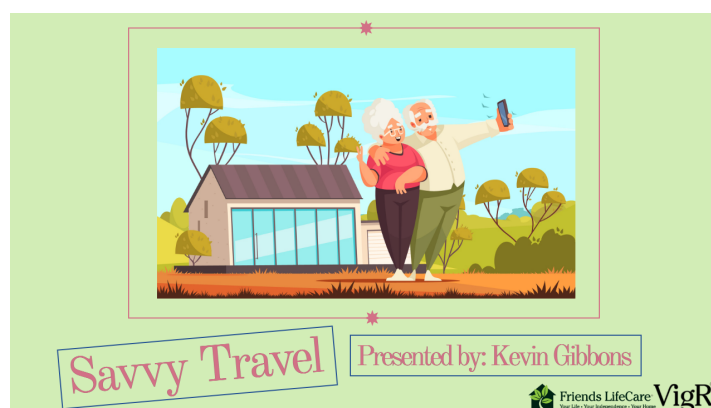




Think of a time you went somewhere new or tried something different. **How did you feel?** What did you see? What memories might you have made?

This month's e-newsletter is all about **expanding your horizons** - through education, getting outdoors, new experiences, and more. What will you try next?

Upcoming Friends Life Care VigR® Wellness Workshops



Savvy Travel (Friends Life Care VigR® Webinar)

Plan for a trip now for **whenever you are comfortable** getting away. Discover how you can **enjoy your travels near and far even more** by learning how to plan for and afford them.

[WATCH RECORDING](#)



Have Your Cake and Eat It Too (Friends Life Care VigR® Webinar)

Memories of travel and adventure are something we'd like to hold onto even when we're ready to part with keepsakes associated with them. Register for this webinar to learn how **modern auction houses work** and what's involved in letting go of items while **preserving the stories** and meaning behind them.

[WATCH RECORDING](#)

How to Plan for Aging in Place: Friends Life Care Seminar or Webinar



When you think about your future, what does it entail? Our guess - maintaining the lifestyle you have and enjoy. **Friends Life Care is uniquely positioned to help you do just that through holistic wellness, financial security, and home accessibility.** Learn more at one of our educational seminars or webinars this fall.

[REGISTER NOW](#)

VigR® Chats

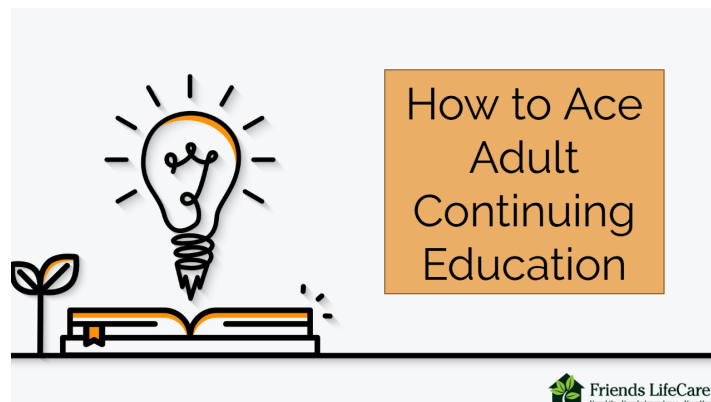


Local Autumn Adventures

Some Friends Life Care team members got together to share with you some of their favorite local fall adventures. We **hope you will try** one or a few!

WATCH NOW

eMeetinghouse Blog



How to Ace Adult Continuing Education

Are you interested in technology? Business? Music? Pop culture? Science? Mythology? **Opportunities for adult continuing education abound.** Bonus: researchers have found there are cognitive, social, and mental benefits to lifelong learning.

READ MORE

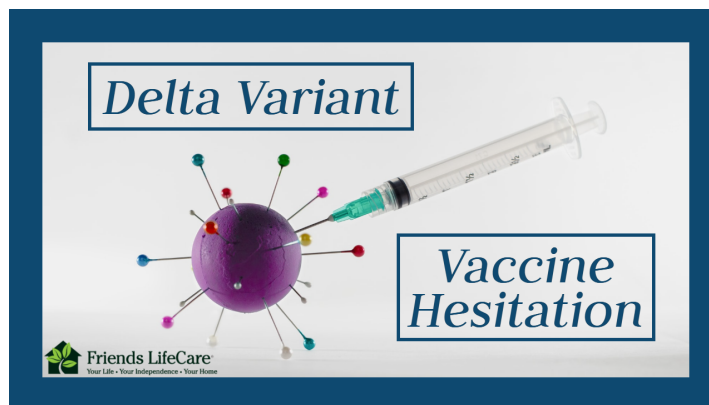
10 Myths About Older Adults and Falls



In honor of [falls prevention awareness week](#) later this month, the National Council on Aging (NCOA) is **debunking the myths of older adult falls** and we're sharing their key takeaways with you.

READ MORE

COVID-19 Update



["The Delta variant is much more contagious and more likely to break through protections provided by the vaccines and may cause more severe disease than all other known versions of the virus"](#) according to an internal presentation circulated within the Centers for Disease Control and Prevention (CDC).

Dr. Rochelle P. Walensky, the director of the agency, acknowledged that **vaccinated people with breakthrough infections of the Delta variant carry just as much virus in the nose and throat as unvaccinated people**, and may spread it just as readily, if less often.

The internal document from the CDC states the "Delta variant is more transmissible than the viruses that cause **MERS, SARS, Ebola, the common cold, the seasonal flu and smallpox**, and it is as contagious as chickenpox."

We hope that this information is enough to convince everyone to get vaccinated as soon as possible. If you or someone you know is **hesitant about getting the COVID-19 vaccination**, here are [12 things you need to know](#) according to John Hopkins Medicine.

This month, the National Council on Aging (NCOA) turns its attention to falls prevention. **Do you wonder if you are at risk for a fall?** Try NCOA's [falls free check-up tool](#). If you feel that you are at risk of falling, we encourage you to contact your healthcare professional.

Not ready to venture out for a vacation, just yet? **You can enjoy travel from the comfort of your couch with** [virtual travel options](#) from the Smithsonian. Tour Jane Austen's home, visit historic Romania, or take a dogsled ride in Fairbanks, Alaska - all while in your slippers!

This month, as we watch students head back to school, why not encourage ourselves to [exercise our minds](#) and learn something new? [BuzzClub](#), winner of the AARP Social Innovation Competition, offers low-cost workshops and socialization opportunities. Past workshops have included Mysteries in Art History, World Cinema, and a monthly fiction book club. With such diversity, you are sure to find something new you'll love to learn.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



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460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US