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Free Retirement Planning Seminars and Webinars



What is most important to you as you age? With 35 years of experience working with older adults, we've heard it all when it comes to aging.

Start or continue planning your perfect recipe for independent and healthy retirement years at a free, informational Friends Life Care seminar or webinar.

In May, we're holding retirement planning sessions in Montgomery County. We also have webinar options or personal consultations available. To schedule, call 215-628-8964 or register below.

Register Today

Honestly Aging by Friends Life Care VigR® Podcast



The Alexander Technique is a powerful tool for change. By revealing harmful habits and redirecting them into optimal functioning, this method can help restore comfort, power, and ease in your everyday activities.

On this episode of Honestly Aging by Friends Life Care VigR®, Ariel Weiss, a teaching member of Alexander Technique International shares the many benefits of the practice, especially as it relates to older adults.

Watch Now

Listen Now

Safer Home Study



Every second of every day, an older adult (age 65+) suffers a fall in the U.S. Over half of those falls take place at home.

A safe, comfortable, accessible home is critical to aging in place. Friends Life Care membership includes customized home safety assessments with modification recommendations.

Download the home safety checklist and get started with self-assessing your home's safety and connect with us to learn more about membership and its many benefits.

Download Now

Honestly Aging by Friends Life Care VigR® Podcast



Technology can support older adults who stay at home as they age. It can provide a safer environment, help maintain independence, and provide peace of mind for loved ones.

On this episode of Honestly Aging Friends Life Care VigR®, Akshita Iyer, who is the CEO and founder of Ome, a technology company that built the world's first Smart Stove Knob, joins us to discuss this increasingly hot topic.

Watch Now

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Friends Life Care VigR® Webinar Recording



Drs. Michael and Daniel Devine provide an insightful webinar on heart disease risk factors and protection strategies. With backgrounds from Johns Hopkins and Harvard, they bring expertise from Devine Concierge Medicine.

Don't miss this chance to safeguard your heart health! Watch this recording and learn about ASCVD, decoding cholesterol panels, and cutting-edge diagnostics.

Watch Now

Honestly Aging by Friends Life Care VigR® Podcast



Despite being associated with childhood; bullying is not limited to adolescence. In fact, it can persist throughout life and take on new, often subtle forms as we age.

On this episode of Honestly Aging by Friends Life Care VigR®, Kathy Rusch, a medical advocate with the Women's Center of Montgomery County, joins us for a candid conversation that uncovers the hidden world of bullying that affects older adults.

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