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Honestly Aging by VigR Health Podcast



Episode 11: How Palliative Care Can Support You in the Aging Process

There can be much confusion around palliative care. What might it consist of? How does it differ from hospice care? And what to expect.

On this episode of Honestly Aging by VigR Health, Kate Phelan, a board-certified family nurse practitioner certified in palliative care, shares how palliative care is a healthcare option to improve the quality of life in people

with chronic and serious illnesses that have caused a physical, emotional, or spiritual burden.

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Friends Life Care VigR® Chats



Friends Life Care Summer School: Start a Journaling Practice

In the final episode of our Friends Life Care Summer School series, we'll teach you how to pick up a practice that can tremendously impact your well-being.

During this brief video, you'll learn a bit about the benefits of journaling, how to get started, and some prompts to get you going.

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A Confident Retirement



Secure Your Independence at Home

When you picture your ideal future, how are you spending your time? Who are you with? Where do you live?

Establishing a retirement plan when you are healthy and well ensures you have the most choices.

Download the 'A Confident Retirement' guide and start or continue planning today.

Download Now

Honestly Aging by VigR Health Podcast



Episode 12: Feeling Your Best as You Age

Hydration, nutrition, and exercise are critical to feeling our best as we age.

On this episode of Honestly Aging by VigR Health, Kiristin Briggs, a Board-Certified Nurse Practitioner, shares key components of all three, including information on the MIND Diet and the use of supplements.

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Plan Now for the Future You Want

For nearly 35 years, Friend Life Care has helped more than 5,500 members successfully age in place.

Friends Life Care members enjoy peace of mind knowing they have a plan in place to age the way they want.

Learn how membership can help you plan now for the future you want at an upcoming seminar or webinar.

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3 Tips to Successful Aging at Home

The vast majority of baby boomers and seniors want to age in place. It takes planning and preparation to do so successfully though. Read on for helpful tips to plan for a fulfilling and comfortable retirement at home and information on how Friends Life Care can help.

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