



Friends LifeCare®

VigR®

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August Monthly Wrap Up



Friends LifeCare®
Your Life • Your Independence • Your Home



HAPPY LABOR DAY

SEPT 2
2024



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Honestly Aging by Friends Life Care VigR® Podcast



Thank you to all our listeners and guests for making the first season of Honestly Aging by Friends Life Care VigR® a success!

In our closing episode, we are joined by Jay Hilliard, a Friends Life Care Plan Counselor for 20 years, who shares his insights on various topics covered throughout the season.

Jay also discusses his experiences as a family caregiver, a Friends Life Care member, and his work consulting with solo agers about Friends Life Care membership.

We're also excited to announce that Season Two of the Honestly Aging podcast, focusing on Vibrant Aging, is in development. Stay tuned!

Watch Now

Listen Now

Get Your Free Infographic

HOW MUCH HAVE YOU SAVED
FOR RETIREMENT AND IS IT ENOUGH?

SAVE 10X

YOUR INCOME BY AGE 67 TO MAINTAIN
YOUR LIFESTYLE IN RETIREMENT.

BY AGE 60: 

SAVE 8X YOUR INCOME

BY AGE 50: 

SAVE 6X YOUR INCOME

SOURCE: FIDELITY INVESTMENTS



STAY ON TRACK WITH YOUR FINANCIAL GOALS TO PREPARE FOR A SECURE FUTURE.

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The Perfect Recipe for aging in place includes securing your finances. Get your free infographic and learn more about the ingredients that go into a vibrant retirement.

[Download Now](#)

Are you interested in calculating the amount of money you'll need to retire when - and how - you want? The AARP Retirement Calculator can provide you with a personalized snapshot of what your financial future might look like.

[Access Calculator](#)

Free Retirement Planning Seminars and Webinars

NURTURING
WELLNESS
CAN LEAD
TO A MORE
VIBRANT LIFE



In our fast-paced world, maintaining balance is more important than ever. The concept of wellness goes beyond physical health; it encompasses every aspect of our lives.

Ready to achieve a more balanced and fulfilling life as you age? Friends Life Care can help. Learn more at a free, educational seminar or webinar.

Register Now

What Ingredients Make Up Your Ideal Retirement Mix?



Just like crafting the perfect recipe, achieving vibrant aging and aging in place requires a blend of essential ingredients customized to each individual's preferences and circumstances. What ingredients make up your ideal retirement mix?

Discover how Friends Life Care membership fits into your retirement recipe and explore the key elements for vibrant aging.

Read Now

The Perfect Recipe for Vibrant Aging

The Perfect Recipe for Vibrant Aging



Long-Term Care Planning

Establishing a long-term care plan while you're healthy can bring peace of mind and help you avoid unexpected surprises.

In this quick video, Jay Hilliard, a Friends Life Care Plan Counselor for 20 years, shares his perfect recipe for long-term care planning.

Watch Now

eMeetinghouse Blog



Aging is an inevitable journey, but with the right ingredients, it can be the most rewarding part of life's banquet.

As seniors and baby boomers approach retirement, understanding the perfect recipe for aging well becomes crucial. It's about creating a life that's not only comfortable but also fulfilling and joyful.

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Honestly Aging
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