

[Visit Our Website](#)

[Subscribe To Our Blog](#)

[Contact Us](#)



Time is Running Out



December 31st is the last day to lock-in 2024 pricing. Apply for Friends Life Care membership today before rates can go up in 2025.

[Apply Now](#)

Honestly Aging by Friends Life Care VigR® Podcast



Honestly Aging
A Friends Life Care VigR® Podcast
NEW EPISODE IS NOW AVAILABLE
Find us on:

SEASON 2 - EPISODE 5
EXPLORING MINDFULNESS MEDITATION FOR OLDER ADULTS

Discover the power of mindfulness meditation with certified instructor Georgia Larounis on this episode of the *Honestly Aging by Friends Life Care VigR®* podcast.

Learn how mindfulness can boost health, control pain, and improve sleep as we age. Plus, experience a guided meditation to find your calm.

[Watch Now](#)

[Listen Now](#)

Get Your Free Infographic



Friends LifeCare®
Your Life • Your Independence • Your Home

THE PERFECT RECIPE FOR AGING IN PLACE

HOLISTIC WELL-BEING:

WHICH OF THESE 7 DIMENSIONS OF WELLNESS ARE PART OF YOUR PERFECT RECIPE FOR VIBRANT AGING?

PHYSICAL	ENVIRONMENTAL
SPIRITUAL	OCCUPATIONAL
EMOTIONAL	INTELLECTUAL
SOCIAL	

LEARN HOW A FRIENDS LIFE CARE WELLNESS COORDINATOR CAN HELP YOU ACHIEVE HOLISTIC WELL-BEING.

© FRIENDS LIFE CARE 2024. ALL RIGHTS RESERVED.

Wellness is more than physical – it's emotional, mental, and social too. Explore tips for vibrant aging through a holistic approach in this free infographic.

[Download Now](#)

Honestly Aging by Friends Life Care VigR® Podcast

Honestly Aging A Friends Life Care VigR® Podcast

NEW EPISODE IS NOW AVAILABLE

Find us on:



SEASON 2 - EPISODE 6



**COMPASSIONATE CONVERSATIONS: USING NONVIOLENT COMMUNICATION
TO ESTABLISH RELATIONSHIPS BASED ON HONESTY AND EMPATHY**

In this episode of *Honestly Aging by Friends Life Care VigR®*, we chat with Colleen Kanaan Bertrand about the power of Nonviolent Communication to build stronger, more compassionate relationships.

Listen and learn how observation, feelings, needs, and requests can transform the way you connect with others.

[Watch Now](#)

[Listen Now](#)

Free Retirement Planning Events - Register Now!



You're invited to join Friends Life Care for a free Retirement Planning seminar or webinar this winter. Discover your options for securing your finances and aging independently at home.

Register Now

Honestly Aging by Friends Life Care VigR® Podcast

Honestly Aging
A Friends Life Care VigR® Podcast
NEW EPISODE IS NOW AVAILABLE
Find us on:

YouTube Spotify Apple Podcasts iHeartRadio Google Podcasts Amazon Music

Honestly Aging S2 - EP 7
NAVIGATING AGE-RELATED CHALLENGES AND TRANSITIONS

Whether you're facing age-related challenges yourself or supporting a loved one, this episode of *Honestly Aging by Friends Life Care VigR®* offers guidance and compassionate perspectives on embracing life's later stages.

Tune in for practical advice on maintaining dignity, finding purpose, and fostering resilience in the face of change.

Watch Now

Listen Now

Free Aging in Place Webinar - Register Now!



Ready to take control of your future? Join us for a free Aging in Place webinar.

Register Now

The Perfect Recipe for Vibrant Aging

The Perfect Recipe for Vibrant Aging



Staying Connected



As we age, our social circles can shrink, making it important to maintain connections and seek support if loneliness or isolation sets in. What's your perfect recipe for staying connected as you age?

Watch Now

eMeetinghouse Blog



As we age, the inevitability of loss becomes a more frequent visitor in our lives. For older adults, the accumulation of losses can compound, creating a heavy burden that can be challenging to bear.

This phenomenon, known as compound loss, can lead to profound grief and a sense of being overwhelmed. The question then arises: how do we handle this accumulation of loss?

[Read More](#)

For a deeper dive into working through grief and compound loss, tune into the "The Many Facets of Grief and Loss" episode of the *Honestly Aging* podcast. In this episode, Angela Dora Dobrzynski navigates the complex emotions that come with grief and loss throughout a lifespan.

[Watch Now](#)

[Listen Now](#)



VigR® Chats
Library



Informational
Sessions



Honestly Aging
Podcast



[Share with a Friend](#)

© Friends Life Care Partners 2024. All rights reserved.

This email was sent by: Friends Life Care
460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US