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FEBRUARY 2023 MONTHLY WRAP UP

Heart Health Infographic



Friends LifeCare®
Your Life • Your Independence • Your Home

A Healthier Heart Means a Healthier You

In February, we often think about matters of the heart. Friends Life Care is no different. It's our mission to keep members healthy, well, and thriving at home as they age. So, with heart health in mind, we developed this infographic to help support healthy aging.

[Download Now](#)



Self-Love Affirmation Meditation

We so quickly offer love to others, yet we often fall short of giving that love to ourselves. Meditate along with this 5-minute VigR® Chat and practice self-love through affirmation.

Watch Now

Wellness is critical to how Friends Life Care helps members successfully age in place. Get to know the team of highly trained, professional Wellness and Care Coordinators who deliver our one-to-one personalized wellness journeys below.

Meet the Team

Honestly Aging by VigR Health Podcast



Announcing an All-New Podcast

Honestly Aging by VigR Health

We're excited to announce the upcoming launch of our podcast, Honestly Aging by VigR Health.

In this season of Honestly Aging by VigR Health, we're covering topics related to solo aging. The peaks. The valleys. And everything in between.

You'll meet interesting people in each episode, hear stories, and get advice.

In this video, get to know podcast host Cheryl Proska. Starting in March, look for new episodes every other week on YouTube and wherever you get your podcasts. Be sure to subscribe!

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