



Friends LifeCare® | VigR®

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Friends Life Care Wishes You and Your Loved Ones a Happy New Year!



Happy 2023!

Part of Friends Life Care's mission is to help our members maintain their independence as long as possible. This blog post shares 10 actionable ways to stay physically and financially independent in the New Year.

[Read More](#)

Set a resolution to plan for a healthier, more secure future with a Friends Life Care membership.
Schedule your personalized consultation today.

[Schedule Now](#)

Friends Life Care Educational Seminars and Webinars



No-cost
educational
seminars &
webinars

Weekday, evening, weekend
opportunities to join.

Join us for a no-cost educational seminar or webinar

There are weekday, evening, and weekend opportunities to learn how Friends Life Care can help you maintain your independence and age in the comfort of your home. Attend a seminar at Friends Life Care's office in Blue Bell, PA. View webinars from anywhere on your device.

[Register Now](#)

Stay Safe This Winter



Winter Safety for Older Adults

Winter weather is here. When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. Like most things in life, it is better to be prepared.

Here are a few precautions everyone should take, especially older adults, during the winter.

[Read More](#)

Connect with Friends Life Care to find out how we help members prepare their homes, health, and finances to age in place.

VigR® Chats



The Hidden Costs of Clutter: Simplify Your Life

This VigR® Chat outlines how clutter can seriously impact the lives of aging adults – financially, physically, mentally, and emotionally. Remove clutter and simplify life using the specific examples and tips provided in this video.

[Watch Now](#)

A cluttered home can be dangerous. Friends Life Care membership includes a customized, personalized home safety assessment from an experienced Care Coordinator. Contact us today to learn more.

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