



Friends LifeCare®

VigR®

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It's never too early to start thinking about how you'll maintain your independence as you age. Friends Life Care's unique approach to aging can help you thrive independently at home for years to come. Learn more in this guide.

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Honestly Aging by Friends Life Care VigR® Podcast



Caregiving for someone with dementia can be challenging, but there are strategies to ease the journey and improve outcomes, relationships, and well-being.

In this episode of Honestly Aging by Friends Life Care VigR®, dementia care expert, occupational therapist, and caregiver coach Emily Gavin shares these strategies and more.

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Free Aging in Place Webinars



What's in your perfect recipe for vibrant aging? We bet it doesn't include moving to a nursing home. Friends Life Care can help.

Register for our free Aging in Place webinar and discover how to maintain your independence and age comfortably in your own home.

Register Now

Honestly Aging by Friends Life Care VigR® Podcast



Honestly Aging

A Friends Life Care VigR® Podcast

NEW EPISODE IS NOW AVAILABLE

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THE ART OF CHI WALKING: WHERE TO BEGIN

In this episode of Honestly Aging by Friends Life Care VigR®, Carol Bilek, a Friends Life Care member and certified Chi Walking instructor, joins us to discuss Chi Walking—a practice that combines walking with the principles of Tai Chi.

Listen and learn about the numerous benefits of Chi Walking and discover ways to embrace this mindful movement.

Watch Now

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Essential Ingredients to Age in Place



Discover the perfect blend of essential ingredients for a fulfilling and independent future. Live your best years in retirement with Friends Life Care membership.

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eMeetinghouse Blog



Intentional living involves setting goals, reflecting on our actions, and making deliberate choices that lead to a balanced and meaningful existence. For seniors and baby boomers, living with intention can profoundly affect holistic health and well-being.

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How Accessible is Your Home?

✦

The Perfect Recipe for Vibrant Aging

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Home Accessibility

✦

Jay Hilliard has been a dedicated Friends Life Care employee for 20 years and is also a member. In this video, Jay kicks off Friends Life Care's "Perfect Recipe for Vibrant Aging" quick video series by discussing home accessibility.

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460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US