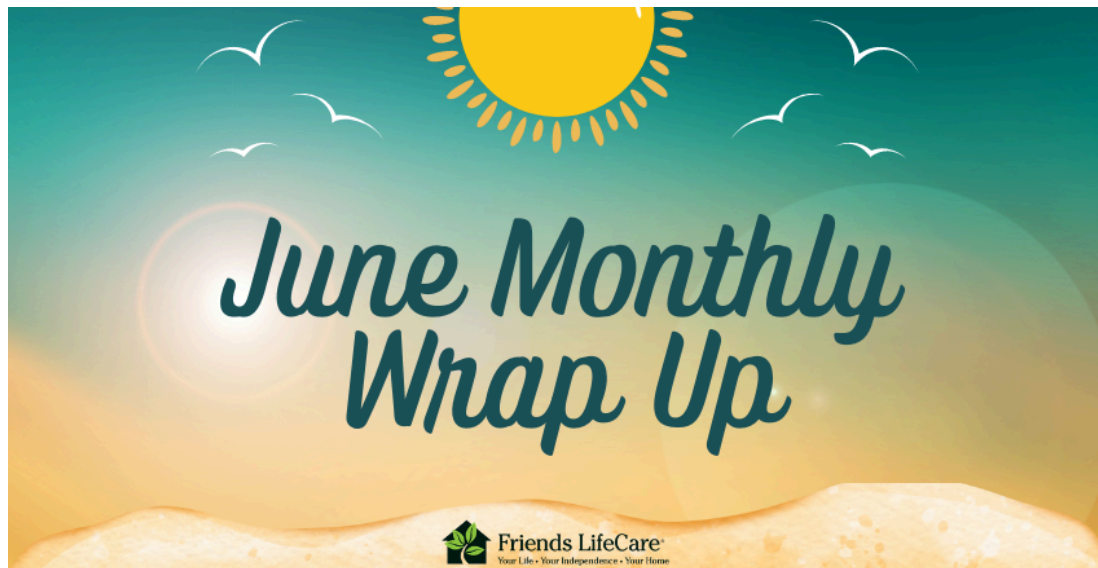




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Maintain Your Independence



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.

Download Now

Honestly Aging by Friends Life Care VigR® Podcast



54 million Americans, half of all adults age 50 and older, are [at risk of breaking a bone](#) and should be concerned about bone health.

On this episode of Honestly Aging by Friends Life Care VigR®, Darshan Bhatt, Founder and President of Namaste Rehab, joins us to share insights into bone health and how we can take proactive steps to ensure strong and healthy bones as we age.

Watch Now

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Free Retirement Planning Seminars and Webinars



Knowledge is the key to success when it comes to retirement and long-term care planning. The sooner you plan, the more options you have. Get the information you need at a free Friends Life Care informational seminar or webinar. Register to attend in-person or join us online.

Register Today

Honestly Aging by Friends Life Care VigR® Podcast

Honestly Aging
A Friends Life Care VigR® Podcast
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EP 34 - NAVIGATING LATE-LIFE CARE: INSIGHTS FOR OLDER ADULTS AND THEIR LOVED ONES

"The time to repair the roof is when the sun is shining," John F. Kennedy.

On this episode of Honestly Aging by Friends Life Care VigR®, Ellen Donovan from One Life Consulting joins us to discuss preparing for late-life care.

From recognizing warning signs to navigating tough conversations and understanding costs, Ellen provides guidance for older adults and their loved ones. Listen and discover practical tips and valuable resources for a smoother journey through aging.

Watch Now

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eMeetinghouse Blog



Creating a safe and accessible bathroom while you age in the place you call home is essential for preventing falls and ensuring continued independence and well-being.

Let's explore some practical tips that can significantly reduce the risk of accidents and make the bathroom a safer place.

Read More

June is Alzheimer's Awareness Month



Worldwide, [more than 55 million people](#) are living with Alzheimer's or another dementia.

Acknowledging June is Alzheimer's & Brain Awareness Month, we invite you to view Friends Life Care VigR's Wellness Webinar, Hope on the Horizon for Alzheimer's Disease: Updates in Diagnosis and Treatment.

Watch and learn from Dr. Dani Cabral about advances in our ability to detect Alzheimer's brain changes early and accurately even before memory loss and other symptoms begin.

Watch Now

eMeetinghouse Blog

How to Live a Purposeful Life



Evidence shows that individuals with a higher sense of purpose are more resistant to behavioral and psychological symptoms of dementia. So, how do you ensure that your life has purpose?

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