



Friends LifeCare®

VigR®

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Free Retirement Planning Seminars and Webinars



After 30+ years working with older adults, Friends Life Care is an expert at supporting individuals through the aging process. Our focus on maintaining independence, financial protection, and health advocacy is a perfect recipe for a secure retirement.

This spring, Friends Life Care is holding retirement planning sessions throughout Southeastern Pennsylvania and Delaware, and you're invited. Register to attend in-person or join us online.

Register Today

Wellness Coordination by Friends Life Care



Although we are living longer, we are not necessarily living better. Many adults spend years, or even decades, in a state of steady decline. Wellness coordination by Friends Life Care is designed to help change that.

Download your copy of *Wellness Coordination by Friends Life Care* and learn about the blend of holistic health features membership provides to help you thrive as you age.

Download Now

Honestly Aging by Friends Life Care VigR® Podcast



As we age, our bodies and minds go through many changes. So, how can we stay fit as we get older?

On this episode of Honestly Aging by Friends Life Care VigR®, Vaia Lappas-Gilchrist, a Friends Life Care Wellness Coordinator, joins us for this important topic.

Vaia covers ways to maintain an active lifestyle as we age, why physical activity is so important for older adults, and demos five exercises she recommends for any body.

Watch Now

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Honestly Aging by Friends Life Care VigR® Podcast



On this episode of Honestly Aging by Friends Life Care VigR®, Dr. Carolyn Trend shares her professional and personal experiences with health advocacy and how a health advocate can help you navigate the complex and frustrating healthcare system.

Watch Now

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Friends Life Care VigR® Webinar



March is [National Nutrition Month®](#), an annual campaign when everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Watch Friends Life Care VigR's® Using Hydration and Nutrition to Feel Your Best wellness webinar and learn about the critical role hydration and nutrition play in the overall health of our mind and body.

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Honestly Aging
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