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Honestly Aging by VigR Health Podcast



Episode 5: Can Your "Forever Home" Meet Your Solo Aging Needs?

Where do you want to live as you age? If you're like most older adults, you want to age in the comfort of your own home. Is your home ready to meet your changing needs, though?

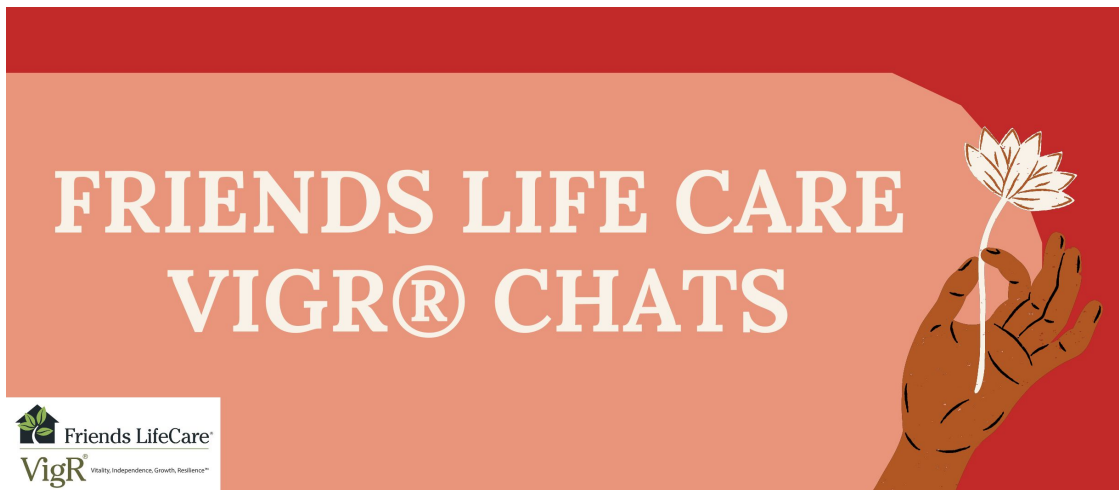
Kristin Swanick, a Certified Aging in Place Specialist, joins us for this important conversation. We discuss accessibility, aging in place, home modifications, and more.

Listen and learn actionable ways to make your home safer and more accessible, especially as you age.

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Honestly Aging by VigR Health Podcast

EPISODE 6

Memory and Aging: What's Normal, What's Not



Episode 6: Memory and Aging: What's Normal, What's Not

Changes in memory occur as we get older. These changes may make us wonder, is this normal, or cause for concern.

On this episode of Honestly Aging by VigR Health, Gary Skole, founder of AlzBetter, joins us to tackle this important topic.

We cover poignant information about Dementia, how solo agers can plan ahead for potential cognitive impairment, caregiving, and how AlzBetter can help.

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Balance and Fall Risk Reduction

Balance and Fall Risk Reduction

PRESENTED BY: JOANNE FAGERSTROM, PT, CFP



According to the CDC, falls are the leading cause of injury and death in older Americans.

Working on balance, building strength, and minor home modifications can decrease fall risk.

In this video, get actionable guidance from Joanne Fagerstrom, PT, CFP.

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You're Invited! Plan Now for the Future You Want

Nearly 70% of people over age 65 will experience a life-altering health event requiring some long-term care. What is your plan for long-term care?

More than 5,000 Friends Life Care members have trusted us to help maintain their independence and manage care should they need it.

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