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Friends LifeCare®
Your Life • Your Independence • Your Home

THE PERFECT RECIPE FOR AGING IN PLACE

WHAT ARE YOUR RETIREMENT PASSIONS AND PRIORITIES? 🔍

VIBRANTLY AGING SURVEY

Q HOW DO YOU MAINTAIN PURPOSE AND PASSION AS YOU AGE?

A I'M HAPPIER THAN EVER. SINCE RETIRING, I'VE STAYED BUSY WITH ACTIVITIES I ENJOY AND MADE MANY NEW FRIENDS.

SOURCE: FRIENDS LIFE CARE'S VIBRANTLY AGING SURVEY

AS PART OF A FRIENDS LIFE CARE MEMBERSHIP, YOU'RE PARTNERED WITH A CARE COORDINATOR FOR WELLNESS AND PREVENTION.

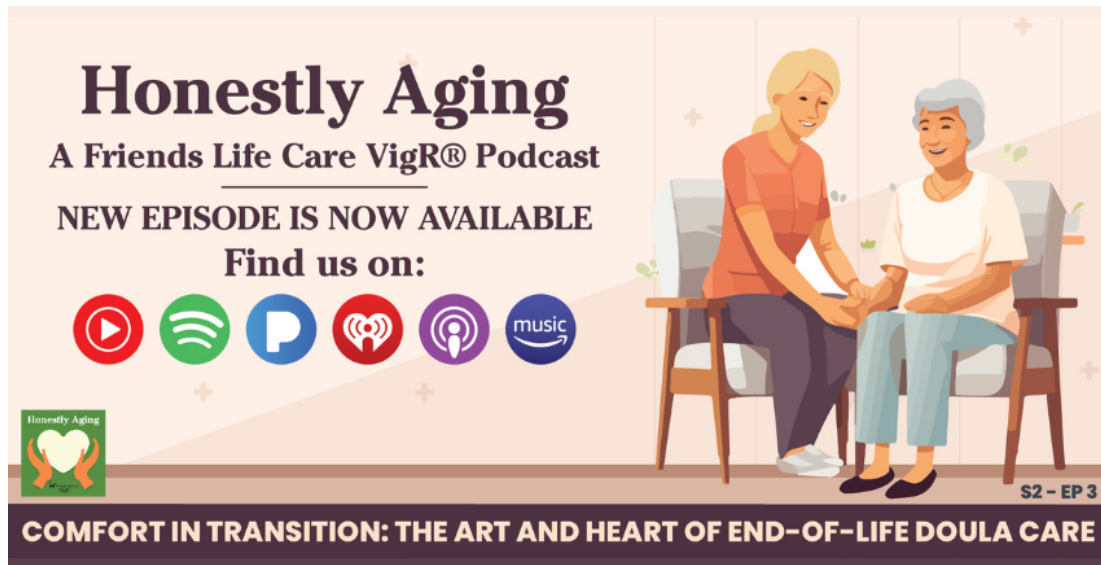
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Purpose is a key ingredient in crafting a fulfilling retirement. What passions do you plan to explore or rediscover in this next chapter of life? What else might a vibrant retirement look like for you? Download your

free infographic to uncover essential tips and ideas for creating a retirement filled with purpose and meaning.

[**Download Now**](#)

Honestly Aging by Friends Life Care VigR® Podcast



On this episode of Honestly Aging by Friends Life Care VigR®, Lori Rizzo, an End-of-Life Doula and Certified Dementia Practitioner, explores the emotional, physical, and spiritual support end-of-life doulas provide. Lori shares her personal journey, insights on grief and legacy work, and how we can approach death with peace and purpose.

[**Watch Now**](#)

[**Listen Now**](#)

Time is Running Out



Applying for Friends Life Care membership is risk-free and can be done right from the comfort of your home.

Who should consider membership? If you're between 40 and 85, in reasonably good health, and want to plan for aging in place rather than in a nursing facility, this is for you.

Take advantage of this opportunity and lock in 2024 pricing by applying today – before rates increase next year.

Apply Now

Honestly Aging by Friends Life Care VigR® Podcast

A promotional graphic for the "Honestly Aging" podcast. On the left, the text "Honestly Aging" is in a large, dark blue font, followed by "A Friends Life Care VigR® Podcast" in a smaller font. Below that, it says "NEW EPISODE IS NOW AVAILABLE" and "Find us on:". There are icons for YouTube, Spotify, Facebook, Apple Podcasts, and Amazon Music. A dark blue button with a bell icon and "@FRIENDSLIFECARE" is shown, along with "SEASON 2 - EPISODE 4". On the right, there's a group of eight diverse older adults of various ethnicities and ages. At the bottom, a dark blue banner reads "LIVING LONGER, LIVING BETTER: HOW OLDER ADULTS CAN BREAK AGEIST BARRIERS".

On this episode of Honestly Aging by Friends Life Care VigR®, we're joined by David Stewart, the founder of AGEIST. Listen and learn about the 5 pillars of super aging, navigating encore careers, and staying relevant in your later years.

Watch Now

Listen Now

Free Aging in Place Webinar - Register Now!



As Thanksgiving approaches, it's natural to reflect on the warmth and comfort of home. If staying in the place you love is part of your plan as you age, we invite you to join one of our upcoming "Your Plan to Age in Place" webinars.

Discover the key ingredients to maintaining independence and enjoying the comfort of home for years to come. Register today and start planning for a future that feels just like home.

Register Now

The Perfect Recipe for Vibrant Aging

The Perfect Recipe for Vibrant Aging



Age Gap and Self-Care



Watch this short video and hear Friends Life Care's perfect recipe for prioritizing self-care as you age, especially when partners have an age gap.

Watch Now

Free Retirement Planning Events - Register Now!



When you think of vibrant aging, what comes to mind? Health, wellness, independence? What about where and how you live? It's easy to overlook these essential ingredients of the recipe but maintaining them as you age is key to living vibrantly.

That's why having a solid plan in place – one that helps you stay healthy, independent, and in your own home – is so important. Discover how Friends Life Care membership supports your journey to vibrant aging at an upcoming seminar or webinar.

Register Now



VigR® Chats
Library



Informational
Sessions



Honestly Aging
Podcast



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