

A free presentation

ENGAGING IN AGING



Building

Blocks

for

Aging

Well

Aging into the third chapter of life is a process of transition and how we adjust and adapt, how we prepare and at the same time let go, will form the building blocks we need to continue to live life well. In this free presentation we'll discuss:

- ◆ **Aging life planning for your future needs**
- ◆ **Staying physically active and taking proactive steps to prevent falls**
- ◆ **Maintaining social connections to stay *engaging* in aging**
- ◆ **SMART MOVES: Stress Management and Resiliency Tools to foster ease and mental well-being when traversing change in your life**

The Heritage Retirement Residence

3630 Brown Road, West Kelowna—RSVP to 250-768-9926

THURSDAY, OCTOBER 26th 2:00—3:30pm



Marjorie Horne is a Certified Professional Consultant on Aging and the founder of CareSmart Seniors Consulting. As the host of the AM1150 Engaging in Aging Radio Show and a Capital News Columnist, she is creating a dialogue on Re-imagining Later Life.

Visit: www.caresmart.ca

 **CareSmart**
Seniors Consulting Inc.