

AGING AND THRIVING CONFERENCE 2024

A VIRTUAL SPEAKER SERIES FOR OLDER ADULTS AND THEIR FAMILIES

Tuesday April 30 - Friday May 3

10:30am-12pm each day on Zoom

(Optional Zoom training session on Monday April 29)

This event is free but pre-registration is required.



Staying involved and informed as we age can lessen the challenges and increase the opportunities associated with aging. Come to the seventh annual Aging and Thriving Conference to learn from speakers in the field of aging.

This event is free and open to all, and is especially helpful for older adults and their children.



Topics include:

- Shifting Roles, Identity & Purpose
- Exercise Prescription Through Life
- Caring for the Caregiver
- Effective Downsizing & Home Adjustments

This program is funded (in part) with grants from Carolina Foundation for Jewish Seniors and the Leon Levine Foundation



PRE-REGISTRATION IS REQUIRED BY APRIL 26

WEB: www.jewishforgood.org/aging-thriving

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CALL: 919-354-4925

The Helping Department at Jewish for Good delivers high quality, professional social services and strives to improve quality of life by providing affordable programs and educational workshops to empower Triangle residents of all faiths to care for themselves and each other. For more information, visit www.JewishforGood.org/helping.