

HEALTHY AGING: KEEP THE GOLDEN YEARS FEELING GOLDEN



WEBINAR - Monday, January 18, 2021

9:00 a.m. – 11:00 a.m.

All registrants will be entered in gift card drawing.

Full attendance is mandatory to be eligible to win.

As the age expectancy of adults has risen, we want to continue to live our best lives as long as possible! This training will provide steps that older adults can take to gain and maintain health across 4 life domains: physical health, cognitive health, social health and emotional health.

While some health risks are more common in older adulthood, we will discuss strategies for preventative health and healthy recovery from illness or injury. Finally, we will discuss tips on building healthy habits, how to get motivated to make changes, and how to make them part of lifestyle, so that the golden years stay feeling golden throughout life!

**For more information and to register, please visit: www.penncares.org
or call: 717-632-5552, ext. 4101 or email: dallen@penncares.org**

Webinar Registration Fee: \$39

With Social Work 2.0 CEUs- \$54 (CEUs submitted for approval)