



Aging Gracefully

November 2, 2023 | 5:30-7pm

Aging Gracefully emphasizes the importance of proactive planning for the later stages of one's life. The program encourages and teaches families how to have these types of conversations while their loved ones are still cognitively sound. Being proactive with fall prevention measures, financial planning, account information, and other critical aspects can ease the transition and reduce stress for adult children taking on caretaking roles. This process also guides adult children to start the process for themselves, so it's easier for their own children in the future.

Scan below to register



Need help registering or want more information regarding the event? Call 480.481.7005 or email nikkiw@vosjcc.org.

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