

Join Us for an Informative Presentation: Active, Healthy Aging - Fitness, Nutrition, and Social Wellness



Assisting Hands®
Home Care



Staying active, nourished, and socially connected is essential for maintaining strength, independence, and confidence as we age. This upbeat presentation gives seniors practical tools to improve fitness, make smarter nutrition choices, and stay engaged with their community.

Why Attend?

- ✓ Learn simple exercises that improve balance, mobility, and overall strength
- ✓ Discover easy nutrition tips to boost energy and support healthy aging
- ✓ Understand how hydration, portion balance, and colorful meals impact well-being
- ✓ Explore fun ways to stay socially connected and prevent isolation
- ✓ Leave with practical, easy-to-implement steps that make healthy living enjoyable options

Empower your mind, body, and spirit, because healthy aging starts with simple, meaningful choices!

Who Should Attend?

- ✓ Active seniors who want to maintain independence and vitality
- ✓ Adults interested in improving daily wellness habits
- ✓ Caregivers supporting aging loved ones
- ✓ Anyone looking for motivation, community connection, and healthier routines

Let's celebrate strength, wellness, and connection at every stage of life, your best years are still ahead!