

Discuss Aging & Its Challenges

Monday, September 23rd

Come and listen, or join the discussion
and give us your two cents worth.

We talk about the challenges of aging,
and ways to more successfully deal with them.

It's fun, interesting, educational & engaging.

Longevity Explorer Meeting

Monday, Sept. 23, 2:00pm to 3:30pm

At the Bayley Fitness Center

We meet once a month.

No cost. No obligation. Just interesting.

Sign up at the front desk, or feel free to just show up!

What do we talk about?

The topics YOU want to talk about.

Our past topics have ranged from phone & email scams to hearing aids to vitamins to 'staying independent'.

Got an aging topic you'd like us to explore?

Let us know!!