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Holistic Aging: Mind, Body and Soul

Date and Time

Tuesday 5/15/2018 9:30 to 10:30am

Event URL

[The Senior Center](#)

Event Region

Charlottesville Area

Event Type

Workshop

RSVP Info

434-974-7756

Event Cost

\$0.00

Event Description

A Presentation is available - Holistic Aging: Mind, Body and Soul on Tuesday, May 15, 2018, 9:30am until 10:30am. Holistic aging is a philosophy that looks at all aspects of a person as they age. Learn the fears older adults have about aging; recognize the physical and emotional signs that an older adult's well being might be at risk, understand ways to prevent frailty; learn tips and resources that can help to improve an older adult's body, mind and soul. chris Shaw from home instead Senior Care is the presenter. Free and open to the community. For more information, call Margaret Fitch, Program Coordinator, at margaret@seniorcenterinc.org or 434-974-7756