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Aging for Life. What Does it Mean to Grow Older?

Date and Time

Tuesday 6/19/2018 1:00 to 3:00pm

Event Region

Southwest Virginia

Event Type

Forum

RSVP Info

804-353-3171

Event Cost

\$0.00

Event Description

“Aging for Life” - What Does it Mean to Grow Older? Sponsored by: Anthem Healthkeepers and CareMore Health Presented by VCU Gerontology and AgeWave Tuesday, June 19th, 1:00-3:00pm and again on Wednesday, June 20th, 1:00-3:00pm. Senior Center of Greater Richmond, Battery Park Christian Church. Open to the Community- No Cost Discover your purpose and passion. Uncover the things that make you, you! Embrace the gift of longevity and the beauty and strengths of growing older. There will be numerous education experiences that shape us including Nutrition, Wellness, Exercise Tips, Relationships and Self Care. Call 353 3171 to make a reservation