

Virtual Healthy Aging Series

Hard Topics Made Easy for Seniors & Those Who Care for Them

For a complete schedule of events, visit:

virtualhealthseries.com

July

The COVID-19 Vaccine: What Now?

Podcast
MSHC



August

Staying Fit Indoors or Out

Video
RehabFit-Speare



September

Home Funerals

Video
NHFREA & PBCH



October

Nutrition As We Age

Podcast
MSHC



November

Communicating with Your Aging Parent

Video
Speare



December

Advanced Directives, Why Should I Fill Out These Forms

Podcast
PBCH

