Aging Solo, a Take Charge/Age Well Academy series, provides tools, strategies, and support to age successfully even when you don’t have a family member or close friend who could take on the role of caregiver or health care decision-maker.

TOPICS INCLUDE:

You’ll learn how to navigate aging solo through presentations that offer advice, coaching, and guidance on critical decision-making and planning for the future. Each session will include conversation, personalized check-ins, and suggestions for next steps.

- Elements of a successful aging solo plan
- Growing your social network
- Developing your support system
- Strategies for aging in place
- Planning a move to another living situation (to your next home)

If you’ve ever had questions about managing through your aging, this is for you!

REGISTRATION DETAILS:

WHERE: Iona Senior Services, 4125 Albemarle St. NW, Washington, DC 20016

WHEN: This is a six-session workshop. It meets on Wednesdays: March 11, 18, 25, and April 1, 15, and 22, 2020 from 4:00 – 6:00 PM.

COST: The cost for the series is $80.00. Scholarships are available.

REGISTRATION: Space is limited! Please register by February 11, 2020. You can register by contacting Lena Frumin at (202) 895-9485 or community@iona.org, or online at: iona.org/event/aging-solo-spring-2020-series/2020-03-11