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## **The Good Life Series**

Date and Time

Monthly on the first Tuesday at 11:00am for 10 times

Upcoming

- Tuesday 1/7/2025 11:00am to 12:00pm
- Tuesday 2/4/2025 11:00am to 12:00pm
- Tuesday 3/4/2025 11:00am to 12:00pm
- Tuesday 4/1/2025 11:00am to 12:00pm
- Tuesday 5/6/2025 11:00am to 12:00pm
- Tuesday 6/3/2025 11:00am to 12:00pm
- Tuesday 7/1/2025 11:00am to 12:00pm
- Tuesday 8/5/2025 11:00am to 12:00pm
- Tuesday 9/2/2025 11:00am to 12:00pm
- Tuesday 10/7/2025 11:00am to 12:00pm

Event URL

[RSVP](#)

Event Region

Charlottesville Area

Event Type

Seminar

RSVP Info

For more information call Fred D. Jung at 434-465-4508

Event Cost

\$0.00

Event Description

**WHAT:** The Good Life Series is a free, monthly, hour long, on-site educational seminars that feature strategies for successful aging and information about senior services in our community. The seminars are led by Fred Jung, Founder, Blue Ridge ElderCare Advisors.

**WHO:** For seniors and those who provide care for them. All attending senior services providers will also be encouraged to bring informational items to share.

**WHEN:** The first Tuesday of each month from 11:00 am to 12 noon.

**WHERE:** The Center at Belvedere, 540 Belvedere Boulevard, Charlottesville, VA, 22901.

## **Tuesday, December 3 ~ Taking Good Care of Your Mental and Physical Health During the Holidays**

These practical tips and strategies help decrease stress for a healthy and safe holiday season. Learn how to create a joyful, supportive environment for yourself and your loved ones.

In this monthly series, you will receive helpful information that all seniors should know!

Open to all.

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Image

