

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

