

# Connections for Healthy Aging Workshops



**Staying healthy and engaged as we age is no easy matter these days. But with a little help from our friends, we can be informed and empowered to do just that.**

We'd like to invite you to come to our Connections for Healthy Aging Workshops in **partnership with the Hearing and Speech Center of Northern California**. Building on techniques of peer training and popular education, this workshop helps weave connections to support healthy aging.

Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors & other Guests.

**Four Part Workshop begins**

**Thursday, February 6**

**10:00 to 1:00**

**No. Calif. Hearing and Speech Center**

**1234 Divisadero Street**

*No charge for workshop or lunch*

**(Workshop dates are Feb. 6, 13, 20, and 27)**



**Workshop topics, presented in a fun and interactive way, will include:**

- **Assessing your own personal goals** for Healthy Aging
- Learning how to **build a network of support** to help you reach those goals.
- **Important documents** every senior should have prepared and stored in a manner that is safe, secure and accessible as needed.
- Proven ways to **prevent isolation and loneliness**
- Tips and resources for how you or a loved one can **survive a hospital stay** and enjoy a smooth transition back home.
- **Simple, on-line tools** that can support us to be informed and empowered as we age.

Participants should plan to attend all 4 sessions. **American Sign Language** interpreters will be available upon request 72 hours in advance. Every effort will be made to accommodate requests to make a **sound enhancement** system available at the meeting and to provide **meeting materials in alternative formats**.

**To sign up or for more info**, contact Marcia Peterzell at [marcia.peterzell@comcast.net](mailto:marcia.peterzell@comcast.net) or (415) 359-1816, or contact Hearing and Speech Center at TTY (415) 921 8990.