

# AGING WISELY

## Your Roadmap to Long-Term Care

### SIX-PART WORKSHOP SERIES

Avenidas Care Partners is excited to announce a six-part workshop series to explore questions and concerns about long-term care as well as to help gain a holistic perspective on how to approach long-term care planning.

#### **You don't have to travel alone.**

Using personal values as the foundation, each session is designed to help you develop strategies to optimize wellness, thrive, and develop networks of personal and professional support to get the best care for yourself and your loved ones.

**Presented by Paula Wolfson, LCSW, Manager, Avenidas Care Partners.**

Paula encourages humor, affirmations, and heart-centered conversations to make this a joyful experience.

