

# Building Your Support System as You Age



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Changes happen continuously as we age. How we frame these changes and what habits we build to adapt to them affect our wellbeing. One of the most actionable adaptations we can make is to build a support system tailored to our own situation and needs. Learning goals:

- ✓ Recognize and accept the ongoing changes of aging
- ✓ Review an empowering tool for building your support system
- ✓ Learn how to accept and leverage supports to help you adapt to ongoing changes

**Thurs. February 12th**  
**9:30 - 10:30 AM**  
**Zoom Workshop**

Click [HERE](#) to Register for Zoom link or use QR Code:



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