

AGING WELL PROGRAMS

Modern Aging

The definition of “old” just isn’t the same as it used to be. Medical advancements, improved nutrition, and the ability to create lives based on our passions and talents have changed how we age, what being older means, and how it looks. Join us for an interactive workshop about these themes and more!

Panelists include:

Amy Gorman, author of *Aging Artfully*, a book celebrating visual and performing women artists aged 85-105; Hope Levy, Specialist in lifelong learning programs that promote positive aging; and Laura Kleinman, MSW

Sponsored by Kiehl’s with gift bags!

Thursday, March 6

4:00-5:30 pm

2333 Buchanan, Enright Room

Financing the Aging Process

America is aging, and more than ever, individuals need to plan well ahead of time for longer lives and future long-term care needs. At this informative workshop, we will explore a variety of options for financing our later years, including reverse mortgages, financial and tax planning, and long-term care insurance. We will also review Medicare qualifications and coverage.

Panelists include:

Herb Hofvendahl, Reverse Mortgage Solutions; Lee Abel Bandele, Long-Term Care Insurance Specialist; San Francisco HICAP-Medicare Specialist; Larry Weiss, CPA, Financial Retirement Specialist

Wednesday, March 19

3:00-4:30 pm

2333 Buchanan, Level A Conference Room

Please call to register 415- 923-3155



The mission of Community Health Resource Center is to increase access to quality health and wellness education and counseling to the San Francisco community.

We request a \$10 donation for all classes unless otherwise noted.

Community Health Resource Center....2100 Webster St., Ste. 100...415.923.3155...www.cpmc.org/chrc