

HEALTHY AGING Presentation

Interim Healthcare will be on site to discuss Healthy Aging. This fun and informative program is geared toward seniors aging healthfully. We will be discussing the following:

- ✿ The 6 common myths about aging and the real statistics related to aging.
- ✿ How the older adult can actively take part in his/her own health and wellness.
- ✿ Eight ways you to confront the aging process and give yourself the best odds for success.

Interim Healthcare is a full service home healthcare provider offering skilled services under the Medicare Home Health Benefit and private pay services. Come join us for fun giveaways, good information and great company! We look forward to seeing you there!

