

9TH VIRTUAL COMMUNITY FORUM ON HEALTHY AGING

MONDAY NOVEMBER 17, 2025 | 5 - 7PM EST

Virtual Event on Zoom with Call-in Available!

Staying Healthy, Strong, & Resilient

Including segments on Brain Health & Movement,
Parkinson's Disease, Music as Medicine
& Yoga / Mindfulness Demonstrations

visit **bit.ly/HAF2025**
for more info & to register!

