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Solo Wise: A Roadmap for Fearless Solo Aging

Date and Time

Thursday 5/2/2024 12:00 to 1:00pm

Event URL

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Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

Solo Wise: A Roadmap for Fearless Solo Aging will be held on Thursday, May 2, 2024 from 12 noon until 1 pm.

Enjoy interactive discussion with Beverly Bernstein Joie the author of *Solo Wise: A Roadmap for Fearless Solo Aging*.

Join this discussion and explore how to:

- Achieve safety and self-assurance utilizing the Solo Wise 5 Pillar infrastructure
- Create a community and discover the power of networking
- Fill in the support that may be missing on the path ahead with “gap fillers”
- Implement mind and body strategies for the best quality of life

Event Image or Sponsor Logo

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