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## The Good Life Series

Date and Time

Monthly on the first Tuesday at 11:00am for 6 times

Upcoming

- Tuesday 10/1/2024 11:00am to 12:00pm
- Tuesday 11/5/2024 11:00am to 12:00pm
- Tuesday 12/3/2024 11:00am to 12:00pm
- Tuesday 1/7/2025 11:00am to 12:00pm
- Tuesday 2/4/2025 11:00am to 12:00pm
- Tuesday 3/4/2025 11:00am to 12:00pm

Event URL

[RSVP](#)

Event Region

Charlottesville Area

Event Type

Seminar

RSVP Info

For more information call Fred D. Jung at 434-465-4508

Event Cost

\$0.00

Event Description

**WHAT:** The Good Life Series is a free, monthly, hour long, on-site educational seminars that feature strategies for successful aging and information about senior services in our community. The seminars are led by Fred Jung, Founder, Blue Ridge ElderCare Advisors.

**WHO:** For seniors and those who provide care for them. All attending senior services providers will also be encouraged to bring informational items to share.

**WHEN:** The first Tuesday of each month from 11:00 am to 12 noon.

**WHERE:** The Center at Belvedere, 540 Belvedere Boulevard, Charlottesville, VA, 22901.

**Tuesday, October 1 ~ Health Literacy and Why We All So Desperately Need It**

In this era of misinformation, getting objective, accurate health information is the key to good preventive care, managing acute and chronic illnesses, and navigating our local healthcare system. Kate Daniels and Fred Jung, both prominent healthcare advocates, will empower you to obtain the best information available to make the most informed healthcare decisions possible.

**Tuesday, November 5 ~ Healthy Aging for Solo Seniors**

In this monthly series, you will receive helpful information that all seniors should know!

Open to all.

Event Image or Sponsor Logo  
Image

