

# Resources for Navigating Life Transitions: Your Personal GPS

***A FREE 6-Part Series to Help You and Your Loved Ones  
Discover Health, Wellness and Peace of Mind in Later Years***

Wed. May 22 6:30PM	<b><i>“How to Have a Meaningful Conversation with an Aging Loved One”</i></b> Helpful advice about how you and your family can have a productive conversation about the topic of aging.
Wed. May 29 6:30PM	<b><i>“Taking Control of Your Future: Strategies for Avoiding Legal Pitfalls”</i></b> Doing simple advance planning now will help you and your family avoid legal headaches down the road.
Wed. June 5 6:30PM	<b><i>“How to Thrive at Home as You Age”</i></b> Learn about services and products that allow older adults to remain safe, independent and flourishing in the home environment.
Wed. June 12 6:30PM	<b><i>“The Basics of De-Cluttering, Selling and Moving Your Household”</i></b> Proven tips and strategies to assist seniors with a successful housing relocation.
Wed. June 19 6:30PM	<b><i>“Senior Housing Options: What’s <u>Your</u> Best Choice?”</i></b> Hear about the types of senior housing choices available, the range of services and costs, and key questions to ask before selecting a community.
Wed. June 26 6:30PM	<b><i>“Community and Financial Resources for Aging Well”</i></b> Discover the “hidden assets” in your community that help support older adults and family caregivers.

## **Terrace Gardens Assisted Living**

8415 Waukegan Rd.  
Morton Grove, IL 60053

- \* All programs 6:30 to 7:30 p.m.
- \* Check-in begins 6:00 p.m.
- \* Attend as many sessions as you’d like!
- \* Refreshments will be served.

Programs are FREE but advance registration is required one week prior to date.  
Please RSVP to Elderwerks at [847-462-0885](tel:847-462-0885) or [Lecia.Szuberla@elderwerks.com](mailto:Lecia.Szuberla@elderwerks.com)

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