

# Educational Programs:

## □ BUILDING FINANCIAL SECURITY

1. Enjoying Retirement – Planning and Paying for Long-Term Care
2. Keys to Unlocking Governmental Benefits; Medicare, Social Security
3. College Financing
4. Tax Planning – Personal & Business
5. Select: Veterans, Federal/State Employees

## □ BETTER SENIOR LIVING

1. Downsizing Made Easier - *Living Smaller and Loving It*
2. De-Mystifying Senior Housing – *Which Fits You Best?*
3. Aging in Place – *Understanding Home Care Solutions*
4. Caregiving – *Caring for the Caregiver*
5. Technology – *Helping Address Aging Challenges*

## □ PROTECTING YOURSELF AND YOUR ASSETS

1. Wills, Trusts, Estates and Eldercare Law
2. Physical and Info/Identity Security (Scams and Abuse)
3. Understanding Life and Health Insurance Options
4. Business Owner Risk Management

## □ PERSONAL WELLNESS

1. Solid Goals – Work-Life Balance (Careers, Relationships)
2. Strong Body – Food, Fitness and Fun
3. Sound Mind – Meditation, Mindfulness and Massage

Our educational events can take the form of subject-specific workshops, public panel discussions, small-group family and/or friends meetings or, 1-on-1 private planning sessions. The events are general 1 to 1½ hours. They are strictly educational and, no products or services are sold. Presenters are trained in delivering an education in a non-profit environment. All presenters have a minimum of five-years' experience in the subject matter they present.

**Our Mission:** Help people enjoy the benefits of living longer through better education and more innovation



**For more information about becoming a host, sponsor, community educator or general volunteer please call 203-344-7044 or email [info@lifeplan123.org](mailto:info@lifeplan123.org).**