



Security • Vitality • Independence

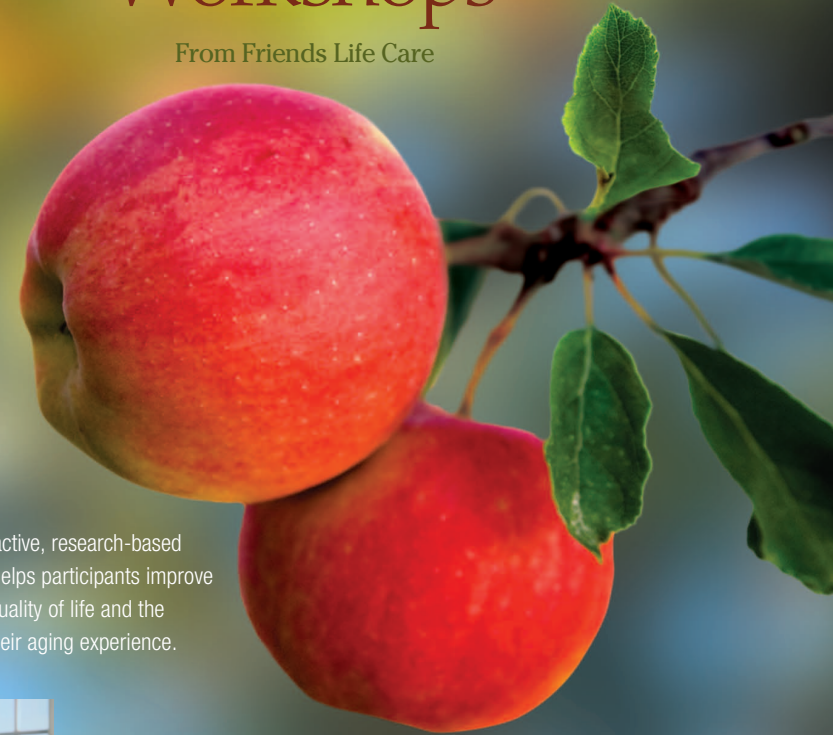
www.friendslifecare.org

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VigR™

Enrichment Workshops

From Friends Life Care



For More Information

For answers to your questions, including information on registration, refunds, discounts and cancellation policies, please contact:

Friends Life Care

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VigR™ is a proactive, research-based program that helps participants improve their current quality of life and the trajectory of their aging experience.



VigR™: A New Program From Friends Life Care With New Workshops Added for Fall!

The word *vigor* means “active bodily or mental strength or force.” Vigor makes the difference between aging and aging *well*. Although Americans are living longer, we’re not necessarily living better. Many adults spend years, or even decades, in state of steady decline. VigR™ is designed to help change all that.

VigR=Vigor

At Friends Life Care, we believe a combination of **vitality, independence, growth and resilience (VigR)** is required to stave off the effects of chronological aging. That’s why we’ve created a program to help participants understand and improve these four essential factors.

VigR Enrichment Workshops

We were delighted with the response to our first VigR Workshops, introduced in May 2011. Inside you’ll find descriptions of our fall series, including new single-session courses. Presented by respected leaders in their fields, these interactive educational programs explore diverse topics—from physical fitness to navigating transitions in the second half of life.

Add VigR to Your Life This Fall!

A variety of discounts are available, including a season pass for unlimited participation. See page 10 for details.

Pursue VigR at Home ...

Explore VigR in the classroom and at home, too, with **VigR eMeetinghouse**, an online community for VigR participants and anyone interested in the program’s life-enhancing insights. Connect with fellow attendees and workshop leaders, share your ideas, and find out more! Also as a VigR participant, you’ll receive a take-home binder for each workshop you attend to help you remember and apply what you’ve learned.

Our VigR Enrichment Workshops are made possible in part through generous support from the following:

Friends Foundation for the Aging
Tyson Memorial Fund
Enterprise Foundation
Evans Assistance Fund

Exercise: A Prescription for Vitality

Brian Walls, Workshop Leader

Few factors contribute as much to vital aging as an active lifestyle. Staying physically fit may be the fountain of youth that delays the onset of age-related disability. Emerging research indicates that even moderate amounts of aerobic exercise promote neuronal growth in the brain. This active six-week program teaches participants about the nature of movement and provides pain-free ways to exercise and strengthen the body. Each 90-minute session covers issues of fitness and aging, and also serves as an exercise class. Brian Walls introduces fun new exercises that may help improve and prolong your life. You’ll leave this workshop with a personal exercise routine specific to your fitness level. Of our spring exercise workshop participants, 90% demonstrated improvement in eight specific areas of strength and endurance.



Brian Walls, DPT, is the cofounder and lead strength & conditioning coach at Whole Health 4 You Rehabilitation and Fitness in Philadelphia. A trained physical therapist, Walls specializes in creating programs that enhance physical fitness and improve everyday quality of movement. He has served as an adjunct professor at Chestnut Hill College and conducts certification workshops for fitness instructors in the Philadelphia area.

MONDAYS

September 26

October 3, 10, 17, 31

November 7

4 to 5:30 p.m.

Location

Friends Center
Martin Luther King Room
1501 Cherry Street
Philadelphia, PA 19102

Tuition

Friends Life Care Member	\$210
Non-member	\$260

See page 10 for enrollment discounts!

Introduction to Mindfulness Meditation

Lois A. Hitt, Workshop Leader

Research has long demonstrated the effectiveness of mindfulness meditation—a method of focusing attention nonjudgmentally on the present moment—as a strategy for stress reduction. Newer research has established that meditation can help conditions ranging from chronic pain and fibromyalgia to cancer and coronary artery disease. Studies show improved measurements of both physical and mental health and quantifiable changes in the brain regions associated with memory. This four-session workshop includes discussion and practice of mindfulness meditation, and introduces methods for reducing stress, insomnia, anxiety and pain. By exploring a variety of meditation techniques, Lois Hitt helps participants discover the meditation practice best suited to their temperaments and lifestyles.



Lois A. Hitt is the founder and president of The WellCore Group. Hitt participated in Fox Chase Cancer Center’s study of meditation and brain imaging. She serves as an adjunct professor in the College of Health Professions at Temple University, where she teaches yoga and meditation. Hitt has been studying and teaching yoga and meditation since 1974. A Yoga Alliance Experienced Registered Yoga 500 Teacher, she instructs yoga students at The Becoming Center in Ambler, Pennsylvania, and certifies yoga teachers in West Chester, Pennsylvania.

SATURDAYS
October 1, 15, 22, 29
10 to 11:30 a.m.

Location
 Abington Friends Meeting
 520 Meetinghouse Road
 Jenkintown, PA 19046

Tuition

Friends Life Care Member	\$220
Non-member	\$270

See page 10 for enrollment discounts!

Nutrition Myth Busters

Led by a Registered Dietitian (RD)

Nutrition is always a hot topic. The media often distort it, Hollywood loves to sensationalize it and anyone with nutrition experience (good or bad) wants to share it. We are all individuals with different needs, and some of the information we hear is just plain invalid—for *any of us*. So how do we separate myth from fact? Based on sound science and led by a certified nutrition professional, this popular interactive workshop helps participants make informed food choices for improved health. Topics addressed during the five-part series include understanding terms and trends, weight shifting, nutrition supplements and disease prevention. Participants receive a substantial reference binder, which is theirs to keep. Optional one-to-one coaching is available for an additional fee, after the course ends.



Workshop leaders are affiliated with **Nutrition Advantage**, a full-service nutrition consulting firm operating for more than 20 years. The company’s registered dietitians work diligently to remain current on the latest research, regulations and policies. Marcia Silkroski, RD, LDN, owner of Nutrition Advantage, co-wrote a nursing textbook on nutrition and has written numerous nutrition-related chapters for textbooks on topics such as complementary and alternative medicine, long-term care and wellness.

TUESDAYS
October 11, 18, 25
November 1, 8
4 to 5:30 p.m.

Location
 Delaware Center for Horticulture
 1810 North DuPont Street
 Wilmington, DE 19806

THURSDAYS
October 13, 20, 27
November 3, 10
4 to 5:30 p.m.

Location
 Doylestown Country Club
 401 Pebble Hill Road
 Doylestown, PA 18901

Tuition

Friends Life Care Member	\$270
Non-member	\$320

See page 10 for enrollment discounts!

Improving Sleep for Better Health

Michael Grandner, Workshop Leader

Sleep is as crucial to overall health and well-being as physical activity and good nutrition, yet millions of Americans forgo sufficient sleep or suffer from sleep problems that prevent them from obtaining it. Left untreated, sleep problems can take a serious toll on health and significantly reduce quality of life. This three-session workshop introduces the science of sleep and helps participants better understand the relationship between sleep, health and longevity. Michael Grandner provides techniques for maximizing sleep, separates truth from myth, and helps participants recognize and manage common sleep issues. Participants keep a sleep diary and answer a questionnaire, then receive a detailed interpretation of their personal sleep habits at the end of the program.



Michael Grandner, PhD, is a postdoctoral fellow at the University of Pennsylvania Center for Sleep and Circadian Neurobiology. Grandner studies the way sleep and sleep-related behaviors relate to longevity, mental health, obesity, diabetes and cardiovascular disease. He is an active member of the American Academy of Sleep Medicine, the Sleep Research Society, the Society for Behavioral Sleep Medicine and the Pennsylvania Sleep Society, for which he serves on the board of directors. Many of his papers have been published in peer-reviewed scientific journals.

WEDNESDAYS
November 2, 9, 16
4 to 5:30 p.m.

Location
 IHM Conference Center
 (St. Aloysius Academy)
 401 South Bryn Mawr Avenue
 Bryn Mawr, PA 19010

Tuition

Friends Life Care Member	\$195
Non-member	\$245

See page 10 for enrollment discounts!

Finding Meaning and Energy at Any Stage in Life

Paul Hilt, Workshop Leader

As we age, change is inevitable. Our children leave the nest. We spend a lifetime working then face retirement or semi-retirement. Physically, it becomes more more difficult to do the things we used to. Personal changes can force us to rethink who we are and what we genuinely want. In four sessions, this engaging program takes you through a series of practical activities to help you choose how to live meaningfully in the next stage of life. Active discussion with Paul Hilt and like-minded participants provides down-to-earth support, perspective and guidance. The end result: increased clarity about the path ahead and greater focus on the next steps. As one Friends Life Care member said after participating in the spring version of this workshop, "This is the best six hours I've ever spent in a course." Optional one-to-one coaching is available for an additional fee, after the course ends.



Paul Hilt is the founder of Hilt & Associates, a coaching and consulting organization. He is best known for his innovative Wind-At-Your-Back Coaching Process. Hilt works with a wide variety of clients, including ARAMARK, Citizens Bank, the Social Security Administration, Penn State University, Girl Scouts of the USA and numerous school districts. He cofounded the Knowledge Management Group of Philadelphia and has taught graduate and executive MBA classes at St. Joseph's University.

THURSDAYS
November 10, 17
December 1, 8
6:30 to 8 p.m.

Location
 Friends Center
 1501 Cherry Street
 Martin Luther King Room
 Philadelphia, PA 19102

Tuition

Friends Life Care Member	\$220
Non-member	\$270

See page 10 for enrollment discounts!

The Healthy Brain: Maintaining Mental Skills With Age

Barbara Malamut, Workshop Leader



With age, the brain changes along with the body. Just as we can help prevent physical decline, there are many things we can do to slow down or compensate for changes in brain function. This information-packed 90-minute session offers easily understandable science-based guidance on what it takes to improve mental acuity and maintain a healthy brain throughout life.



Barbara Malamut, PhD, is a licensed psychologist. She has practiced clinical neuropsychology for over 20 years and has conducted research on memory and aging. She co-edited the book “Clinical Neurology of the Older Adult,” and has been affiliated with the Hospital of the University of Pennsylvania and with Thomas Jefferson University Hospital. Malamut has appeared on television and radio.

TUESDAY
October 4
Noon to 1:30 p.m.

THURSDAY
October 6
Noon to 1:30 p.m.

Location
West Chester University
Graduate Business Center
1160 McDermott Drive, Room 204
West Chester, PA 19383

Location
American Executive Center
600 West Germantown Pike
Suite 400
Plymouth Meeting, PA 19462

Tuition (includes box lunch)

Friends Life Care Member	\$45
Non-member	\$55

See page 10 for enrollment discounts!

Navigating Transitions in the Second Half of Life

Paul Hilt and B. Janet Hibbs, Workshop Leaders



Although we often anticipate new goals and meaning, more leisure time, and improved social connections in the second half of life, personal and family transitions can make it feel like a game of 52 Card Pickup. Topics for this interactive session include *Who am I now? My world has shrunk instead of opened up. Does granny mean nanny? My dream house is in Florida; yours is in Maine.* Co-leaders Hilt and Hibbs link the five critical emotional aspects of transition with the relationship skills needed to successfully navigate them.



Paul Hilt is the founder of Hilt & Associates, a coaching and consulting organization. He is best known for his innovative Wind-At-Your-Back Coaching Process. Hilt works with a wide variety of clients, including ARAMARK, Citizens Bank, the Social Security Administration, Penn State University, Girl Scouts of the USA and numerous school districts. He cofounded the Knowledge Management Group of Philadelphia and has taught graduate and executive MBA classes at St. Joseph’s University.



B. Janet Hibbs, LMFT, PhD, is a psychologist and an expert on issues of intergenerational ethics. She is the author of “Try to See It My Way: Being Fair in Love and Marriage” (Penguin Book Group). Hibbs has served as clinical supervisor and faculty in Drexel University’s Department of Marriage and Family Therapy. She cofounded Contextual Therapy Associates, where she maintains a private practice.

WEDNESDAY
October 19
5 to 7 p.m.

Location
Friends Center City Riverfront
22 South Front Street
Philadelphia, PA 19106

Tuition (includes wine and cheese)

Friends Life Care Member	\$50
Non-member	\$60

See page 10 for enrollment discounts!

Practical Tips for Pre-Retirees

Answers to Your Medicare and Financial Questions

Russ S. Weiss, Workshop Leader



Whether your vision of “retirement” includes paid work, travel or moving to another location, the transition from saving to spending retirement dollars can raise many questions. When should you collect social security? Do you have an investment strategy? How does Medicare work? What is supplemental insurance? This session provides answers and practical advice. A Medicare expert joins Russ Weiss.



Russ S. Weiss, CFP®, is vice president of The Marshall Financial Group, Inc. He is a certified financial planner and a registered representative with Cambridge Investment Research, Inc. Weiss is an active member of the Financial Planning Association and the Bucks County Estate Planning Council.

**SATURDAY
November 12**

Noon to 2 p.m.

Location

Hampton Inn
2055 Chemical Road
Plymouth Meeting, PA 19462

Tuition (includes box lunch)

Friends Life Care Member	\$45
Non-member	\$55

FALL TUITION DISCOUNTS

Multiple Workshops or Participants - Save 25%

Enroll in more than one workshop and take 25% off your total tuition fees.

OR enroll more than one person and take 25% off for each person. *(These discounts cannot be combined and do not apply to single-session workshops.)*

Early-Bird Discount - Save \$25

Enroll two weeks or more before your workshop starts and take \$25 off your total tuition fees. For extra savings, combine this with the discount above for multiple workshops or participants. *(Early-bird discount does not apply to single-session workshops.)*

Unlimited Season Pass - \$500

Attend as many fall workshops as you like, including single-session courses, for one flat rate of \$500! *(The season pass cannot be combined with any other discounts.)*

VigR Enrichment Workshops

Registration Form

Please print clearly. Duplicate this form for additional individual registrations.

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone (Day) _____ (Evening) _____ (Cell) _____

E-mail Address _____

Membership Status Friends Life Care Non-Member

Course Selection Please check workshop title and circle price.

Workshop Title	FLC Member	Non-Member
<input type="checkbox"/> Exercise: A Prescription for Vitality	\$210	\$260
<input type="checkbox"/> Introduction to Mindfulness Meditation	\$220	\$270
<input type="checkbox"/> Nutrition Myth Busters	\$270	\$320
<input type="checkbox"/> Improving Sleep for Better Health	\$195	\$245
<input type="checkbox"/> Finding Meaning and Energy at Any Stage in Life	\$220	\$270
Multiple workshop or participant discount (25% off)		
Early-bird discount (\$25 off total tuition)		
<input type="checkbox"/> The Healthy Brain*	\$45	\$55
<input type="checkbox"/> Navigating Transitions in the Second Half of Life[†]	\$50	\$60
<input type="checkbox"/> Practical Tips for Pre-Retirees*	\$45	\$55
*Includes box lunch [†] Includes wine and cheese	Total	\$

Unlimited Season Pass **\$500**

Total amount of your check \$ _____

Please make check payable to **Friends Life Care**, enclose this form and mail to:

FRIENDS LIFE CARE • 531 Plymouth Road, Suite 500 • Plymouth Meeting, PA 19462