

MEMBER SEPTEMBER 2026 WEBINAR

WED, 9/16@ 2 PM EST

REGISTER NOW

A photograph of an older man and woman walking away from the camera down a city street. The man is wearing a light blue shirt and a straw hat, and the woman is wearing a denim jacket and a straw hat. They are walking towards a row of historic buildings with arched windows and doorways. Other people are visible in the background, and the street is paved with cobblestones.

Healthy Aging: *Small Habits That Support Long-Term Health*

Healthy aging isn't just about living longer. It's about staying active, independent, and feeling your best along the way.

This month, we'll explore simple, sustainable habits that can support your physical, mental, and emotional well-being, from movement and nutrition to sleep, stress management, and preventive care. You'll leave with practical ideas you can start using today to support your health for years to come.

