

# Healthy Aging 2021 Workshop Schedule



**Live on-line ZOOM classes from the comfort of your own home!**

Elder Options is your source for evidence-based Healthy Aging workshops. Our workshops provide the tools needed to live a healthy lifestyle at no cost to you.

Workshops	Dates	Days	Time
DEEP- Diabetes Empowerment	Jan 29 - March 13	Friday	10:00am-11:30am
BINGOCIZE (in person)	Feb 16 – April 22	Tuesday & Thursday	12:00pm -1:00pm
TCMBB (in person)	Feb 16 – May 6	Tuesday & Thursday	10:00am- 11:00am
CDSMP	Feb 23 – March 30	Tuesday	10:00am-12:30pm
DEEP- Diabetes Empowerment	March 26 – May 14	Friday	10:00am-11:30am
DEEP- Diabetes Empowerment	April 8- May 27	Thursday	6:00pm-7:30pm
DEEP- Diabetes Empowerment	April 16- June 4	Friday	1:00pm-2:30pm

To register for a workshop please email:  
Staff at [healthyaging@agingresources.org](mailto:healthyaging@agingresources.org)

*\*Hybrid Class - will be done in person and via ZOOM*

**You must have internet access and be able to access ZOOM on a smart phone, tablet, laptop, home computer with a webcam, or a Uniper device.**

***Empowering seniors to live healthier lives.***

For additional information please visit our website at:  
<https://agingresources.org/healthy-aging-classes/>