



## **Zoom into CHOICE**

CHOICE has gone virtual! Aging Ahead has put together a wide variety of presentations for older adults to keep us socially connected and healthy as we continue to physically distance. Presentations can be viewed on a desktop, laptop, tablet/I-Pad or smart phone. This will be a learning experience for everyone, please consider trying it out! [Check presentation time.](#)

You can **REGISTER** by going to [www.agingmissouri.org](http://www.agingmissouri.org), emailing Jean Sotomayor at [jsotomayor@agingahead.org](mailto:jsotomayor@agingahead.org), or by calling (636) 207-4227. You will need to register for each presentation to gain access to a Zoom link.

## **February 2021 Zoom into CHOICE Schedule**

February 1: The Importance of Quality Sleep

February 5: Chair Yoga

February 8: Creating a Peaceful Home Environment

February 19: Chair Yoga

February 22: Life Writing and Memoirs

## **March 2021 Zoom into CHOICE Schedule**

March 1; Eat Smart, Live Strong- 4 Week Workshop

March 2: Tai Chi for Arthritis- 8 Week Class (9am)

March 2: Cooking Matters- 4 Week Workshop (11 am)

March 5: Chair Yoga

March 19: Chair Yoga

March 29: 10 Warning Signs of Alzheimer's

**Not a CHOICE member, not a problem. Join for FREE at [www.agingmissouri.org](http://www.agingmissouri.org)**