

Four Great Opportunities For Healthy Aging

Aroostook Agency on Aging offers these informational sessions to help you improve your quality of life, maximize your independence, and make you feel your best.



1

The Conversation Project

Having a say in your health care is important. One conversation can make all the difference! Let us help you share your wishes. It can give you peace of mind and bring you closer to the people you love.

2

Brain Builders

We help you create realistic goals that impact your life in a positive way and help boost brain health.

- Take Charge
- Learn More
- Get Moving
- Stay Connected
- Eat Right

3

MaineCare Toolkit

A guide through the rigorous MaineCare process helping you identify and apply for financial assistance for nursing home care or in-home support. The **MaineCare Toolkit** helps you make your own decisions and live independently for as long as possible.

4

Falls Prevention

Remaining safe and healthy at home is a goal for all. Fear of falling is something that can be on the minds of older people. Engaging in moderate exercise helps improve your balance and coordination.

- Matter of Balance
- Tai Chi For Arthritis
- RSVP Bone Builders
- STEADI
- Bingocize®
- and much more!

**Call us today
to enroll or to
request more
information.**

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*Made available through a partnership with the AgingME
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