



*Aging*WELL Virtual Speaker Series: Proactive Aging

Thursday, December 10, 2020 at 2:00 PM – 3:00 PM (PST)

According to general statistics, 95% of us are reactive. Rather than investing some time to plan ahead, we react to circumstances as they happen. All of us know that aging is an inevitable phenomenon. As we get older, the probability of health and physical issues are likely to increase and for that, we need to proactively think, plan and act. There are numerous resources available in the community to help you with the process of proactively aging.

One such resource is the Riverside County Office on Aging. Guillermo Delgado, who works in the Care Pathways Program, will provide an overview of the resources that are available to seniors through the Riverside County Office on Aging, including:

- Outreach and Community Education
- Options, Counseling and Decision Support
- Healthy Lifestyle and Wellness Programs
- Social Engagement and Community Activity
- Care Coordination

Guillermo began working with seniors as a Services Assistant for the Riverside County Office on Aging in 2002. He was responsible for outreach to the senior population in Riverside County. He also spent some time as an Independent Living Skills Instructor for the Braille Institute, introducing vision loss curriculum to the visually impaired and to the Spanish-speaking communities. In 2012, he joined the Alzheimer's Association as an outreach representative. His duties included moderating support groups and spearheading the Latino Outreach Collaborative. Guillermo returned to the Riverside County Office on Aging to work in the Care Pathways Program in 2014, which provides a series of classes for the family caregiver.

**You don't want to miss this free lecture and be sure to invite family and friends to attend.
Register today to attend this lecture and check out future lecture dates and topics by going online to:**
HomeCareAssistancePalmDesert.com/events or calling 760-345-0001.

