

Free

Let's Talk:

Conversations on Aging

Let's Talk offers a setting for open, and honest facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection. In partnership with Cascadia Health.

Call 503-625-5644 to register

Wednesday, March 5th @10:30am

Adult Children - How's it Going?

How do you get along with your adult children? Meet to discuss how your relationship has or has not weathered the test of time.

Wednesday, April 2nd @ 10:30am

Creating Home as You Age

Living in a place that's safe and comfortable and surrounded by cozy memories is a natural human desire. Let's talk about the things that are most important to you regarding your living situation and how we might adapt as we age.

Wednesday, May 7th @ 10:30am

Healthy Aging

There are steps we can take to thrive as we grow older. We cannot stop the aging process but can take important steps that will help. We call these the Four Pillars of Healthy Aging: Exercise, Healthy Diet, Active Mind, & Keeping a Positive Attitude. Let's Talk about how you can engage each of these pillars in your lifestyle.

Wednesday, June 4th @ 10:30am

Talking with Your Doctor

In a good doctor/patient relationship you will feel part of a team working towards your best health possible. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.



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