

Blue Cross NC Institute for Health & Human Services

APPALACHIAN STATE UNIVERSITY®

BEAVER COLLEGE OF HEALTH SCIENCES

Aging Well Support Program*

Individualized Aging Well Consultations

Receive free telehealth consultation for:

Nutrition
Fall Risk
Memory and Cognition
Behavioral Health

Once enrolled, we will continue to provide participants with ongoing assessments, treatments and referrals.

Caregiver Workshops (Live via Zoom)

Free seven week series to help those providing care to loved ones.

October 7, 2020	Community Resources
October 14, 2020	Long Term Care
October 21, 2020	Medicare vs. Medicaid
October 28, 2020	Memory
November 4, 2020	Fall Risk/Home Safety
November 11, 2020	Self Care
November 18, 2020	How to cope with Holidays

All class times 1 p.m. - 2:30 p.m.

Call 828-262-8658 to register or email ipc@appstate.edu.

*Offered in collaboration with High Country Area Agency on Aging.