

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## The Good Life Series

Date and Time

Monthly on the first Tuesday at 11:00am for 6 times

Upcoming

- Tuesday 1/7/2025 11:00am to 12:00pm
- Tuesday 2/4/2025 11:00am to 12:00pm
- Tuesday 3/4/2025 11:00am to 12:00pm
- Tuesday 4/1/2025 11:00am to 12:00pm
- Tuesday 5/6/2025 11:00am to 12:00pm

Event URL

[RSVP](#)

Event Region

Charlottesville Area

Event Type

Seminar

RSVP Info

For more information call Fred D. Jung at 434-465-4508

Event Cost

\$0.00

Event Description

**WHAT:** The Good Life Series is a free, monthly, hour long, on-site educational seminars that feature strategies for successful aging and information about senior services in our community. The seminars are led by Fred Jung, Founder, Blue Ridge ElderCare Advisors.

**WHO:** For seniors and those who provide care for them. All attending senior services providers will also be encouraged to bring informational items to share.

**WHEN:** The first Tuesday of each month from 11:00 am to 12 noon.

**WHERE:** The Center at Belvedere, 540 Belvedere Boulevard, Charlottesville, VA, 22901.

**Tuesday, December 3 ~ Taking Good Care of Your Mental and Physical Health During the Holidays**

These practical tips and strategies help decrease stress for a healthy and safe holiday season. Learn how to create a joyful, supportive environment for yourself and your loved ones.

In this monthly series, you will receive helpful information that all seniors should know!

Open to all.

Event Image or Sponsor Logo  
Image

