

Presented by
PennCares

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SUPPORT SERVICES 

Spring Webinar Trainings

FREE!

Workplace Well-being - May 20th

Aging Positively - June 9th

Age My Way - July 14th

 PENNSYLVANIA
LinkTM
TO AGING AND DISABILITY RESOURCES



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FREE 1.5 Nursing Credits

Workplace Well-being

Any form of work can take a mental, emotional, and physical toll on the daily lives of workers. The constant threat of burnout highlights the need for balance. This presentation will incorporate real-life scenarios, participant activities, and problem-solving methods to help manage workload and promote balance, emphasizing the importance of well-being over the pressures of professional or personal success.

*** Training is Open for Anyone to Attend ***

Tuesday - May 20th
9:30am-11:00am

To Register for this Training, Email -
Felicia Trupp, PA Link Coordinator
FTrupp@berksencore.org

Spots are Limited, Register Now!



FREE 1.5 Nursing Credits



Aging Positively

Aging Positively will explore key tools to help you embrace the journey of aging. This session will involve group discussion on how to identify critical steps at key junctures in life. Understanding that aging can bring anxiety and fear, we'll cover how to navigate major life changes and plan for meaningful phases related to physical health, mental well-being, living arrangements, retirement, finances, and overall wellness. We will examine the impact of choices made earlier in life and how to use them as stepping stones to a successful future. Participants will engage in activities to spark their thinking about future needs and learn meaningful tips to begin building a thoughtful life plan. The session will empower you to start living well today and moving forward.

*** Training is Open for Anyone to Attend ***

Monday - June 9th
10:00am-11:30am

To Register for this Training, Email -
Felicia Trupp, PA Link Coordinator
FTrupp@berksencore.org

Spots are Limited, Register Now!



FREE 1.5 Nursing Credits



Age My Way

This training focuses on four key areas of health in aging: physical, social, cognitive, and emotional wellness. Participants will explore the changes that come with older adulthood and learn strategies to maintain health in these areas or adopt new lifestyle habits to support them. This session will also address the impact of ageism in our culture, debunk common myths about aging, and inspire confidence to embrace the journey of aging your way!

*** Training is Open for Anyone to Attend ***

Monday - July 14th
9:30am-11:00am

To Register for this Training, Email -
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