

You're Not Alone: Thriving While Aging Solo

Please Join Us

Wednesday, May 20th

2:00 - 3:00pm

via Zoom

RSVP:

heronskey.org/events

Our Presenter



Lisa Mayfield

Lisa Mayfield, MA, LMHC, GMHS, CMC
Principal at Aging Wisdom



EMERALD
COMMUNITIES

Are you aging on your own: by choice or by circumstance?

Whether you live alone, are single, widowed, divorced, or simply navigating life independently, navigating the future can feel uncertain—but you don't have to do it alone.

Join us for an engaging and practical conversation about how an Aging Life Care Manager can serve as your advocate, guide, and partner; helping you plan ahead, stay independent, and navigate life's transitions with confidence.

What We'll Cover:

- What an Aging Life Care Manager is—and how they support you over time
- How to find an Aging Life Care Manager
- Real-life examples of how care managers step in and make a difference
- Other professionals to include in your support system
- What you can be doing now to ensure a smooth solo aging experience

About Our Presenter

Lisa Mayfield founded Aging Wisdom®, an Aging Life Care and Creative Engagement practice, in 2003. She is a certified Aging Life Care Professional who brings over two decades of experience helping clients to live well, care well, and age well. Lisa has a passion for helping older adults proactively plan for their future and navigate unexpected health changes.