

# **Healthy Aging - Elder Options**

This group offers Healthy Aging workshops. These are to help older adults lead a healthy, active lifestyle. The workshops are free. Please call or visit the <u>website</u> for more information.

### Workshops Available:

- A Matter of Balance
- Diabetes Empowerment Education Program (DEEP)
- Tai Chi Program

### Service Location

100 SW 75th St, Ste 301 Gainesville, FL 32607 United States

1.800.262.2243

## **Provider**



URL

https://agingresources.org/

This group provides information and resources on aging. It helps the elderly. It also helps people with disabilities.

### Programs & Services:

- Abuse In Later Life Program
- Caregiver Training and Support
- Elder Abuse
- Elder Helpline
- GUIDE: Dementia Care

- Healthy Aging
- Home & Community Based Care
- SHINE Medicare Assistance
- Veterans Directed Care
- Wellness Coaching and Support

Public Email options@agingresources.org Address

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