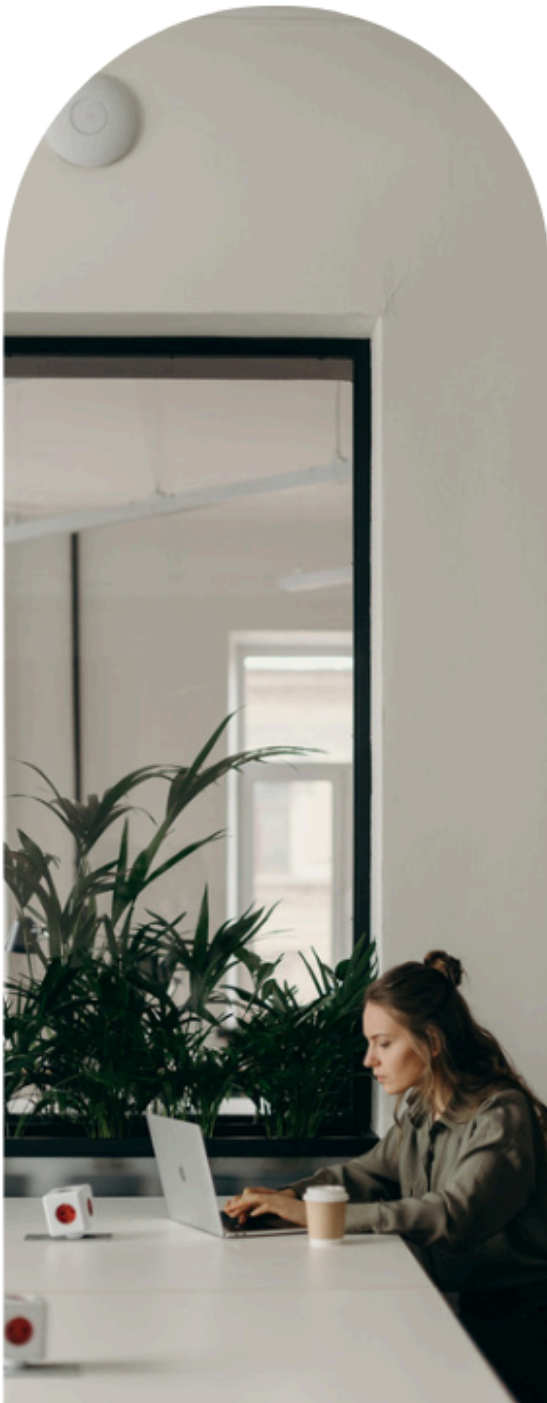


IHSS Provider Training

Understanding The Aging Process

Aging is a continuous process that begins at birth and ends with death. This class on the aging process delves into the biological, psychological, and social aspects of growing older. You'll learn about how our bodies change over time, the roles of genetics and lifestyle in aging, and the various challenges and opportunities that come with aging. Join us to learn about the science of aging and how to support aging family members and those you care for.



TO REGISTER:
800-624-8304

[zoom link](#)

AUGUST 21 2024

1:00 - 2:30 PM PT



Vanessa Aguilar
Health Education and
Training Manager