



**FamilyMeans**  
CAREGIVING & AGING

## Education for Aging Well

You are invited to join in learning more about important topics to aging well. Come for one or all of the events!

**Tuesday,  
June 18<sup>th</sup>  
1:30 to 3pm**

### **SPEED BUMPS AS WE AGE: DRIVING CHANGES**

Getting around is essential to avoiding isolation as we age. Driving expert Kathy Woods will explore the key safety ideas to consider as a driver in 2024.

For more information, please contact FamilyMeans  
Caregiving & Aging team at 651-439-4840 or  
[familymeans@familymeans.org](mailto:familymeans@familymeans.org)