

June 2020 Schedule

All are welcome, Henrico residency is not required!

Registration is required! Contact Sara Morris at mor141@henrico.us or 804-291-6284

June 2 at 11 am

Longevity U: Globe Trotting Longevity

Gerontologist Alexa van Aartrijk will take us on a trip around the world to the places where unique cultures live long, healthy, happy lives. Learn about these fascinating people and places, and how they live to be 100+! For this session we'll travel to the Barbagia region of Sardinia and Ikaria, Greece.

June 9 at 11 am

Community Voice: Pandemic

Let's talk about it. Expert facilitators from Virginia Community Voice are hosting a series of conversations with EngAGE at Home participants. Today we'll learn about Virginia Community Voice, the Partnership for Housing Affordability, and have a conversation about the pandemic. How has the pandemic affected you, and your community?

Limited space available! Register as soon as possible to be included in this dynamic conversation.

June 16 at 11am

Stress Relief and Mindfulness

A session led by Humana's wellness coaches on Stress Relief and Mindfulness, kicking off with an introduction to the Far from Alone campaign.

June 23 at 11 am

Joyful June Book Talk

Gina Fuller, from the Henrico County Mobile Library Services presents: "Joyful June" – library materials and resources to bring more joy into your life! We'll take a closer look at mindfulness and self-care, and share ways to bring a bit of happiness into every day.

June 30 at 11 am

Community Voice: Housing

Let's talk about it. Expert facilitators from Virginia Community Voice are hosting a series of conversations about what home means to us. Let's talk about housing, home, and community. *Limited space is available! Register as soon as possible to be included in this dynamic conversation!*