

# Healthy Aging Workshops

A series hosted by Patricia Raskin!

Blue Cross & Blue Shield of Rhode Island and radio talk show host, Patricia Raskin, have created an exclusive series of workshops on healthy aging—just for our members. These workshops will be presented by local experts at our Your Blue Store<sup>SM</sup> locations in East Providence, Lincoln, and Warwick, and will cover a variety of important topics:

- **Healthy aging: Make these your best years** – Get tips to help you find your next path and make the most of your retirement years.
- **The secrets of brain health** – Improving your memory is easier than you think. Learn how music, dance, and specific exercises can improve your brain health.
- **Eating healthy on a budget** – Eating a healthy diet is important, especially as you get older. Learn easy ways to do it—on a budget.
- **Life after menopause** – This workshop will focus on ways women can stay healthy and vibrant in their older years after menopause.
- **Your 30-year fitness plan** – Unlock the vision and plans you have for your physical retirement.
- **Safeguarding your finances** – Get tips and tools to keep yourself financially healthy well into your older years.
- **Caregiver support** – Learn about resources to help with the challenging task of providing care for a loved one.



## Sign up today!

To sign up for any of our healthy aging workshops, visit [bcsri.com/YourBlueStore](https://bcsri.com/YourBlueStore).

We look forward to seeing you there!

# WORKSHOP SCHEDULE

Your Blue Store Location	Date/Time	Presenter	Topic
Lincoln	Tuesday, April 10, 9:30 a.m.	Patricia Raskin	Healthy aging: Make these your best years
Warwick	Wednesday, April 11, 2:30 p.m.		
East Providence	Thursday, April 19, 6:00 p.m.		
Lincoln	Tuesday, April 17, 9:30 a.m.	Patricia Schumacher	The secrets of brain health
Warwick	Wednesday, April 18, 2:30 p.m.		
East Providence	Thursday, April 26, 6:00 p.m.		
Lincoln	Tuesday, May 1, 9:30 a.m.	BCBSRI dietitians	Eating healthy on a budget
Warwick	Wednesday, May 2, 2:30 p.m.		
East Providence	Thursday, May 10, 6:00 p.m.		
Lincoln	Tuesday, May 15, 9:30 a.m.	Mary Christina Simpson, M.D.	Life after menopause
Warwick	Wednesday, May 16, 2:30 p.m.		
East Providence	Thursday, May 24, 6:00 p.m.		
Lincoln	Tuesday, May 22, 9:30 a.m.	Elizabeth Phinney	Your 30-year fitness plan
Warwick	Wednesday, May 23, 2:30 p.m.		
East Providence	Thursday, May 31, 6:00 p.m.		
Lincoln	Tuesday, June 12, 9:30 a.m.	Bruce Boguslav	Safeguarding your finances
Warwick	Wednesday, June 13, 2:30 p.m.		
East Providence	Thursday, June 21, 6:00 p.m.		
Lincoln	Tuesday, June 26, 9:30 a.m.	Jenny Miller/Charlotte Crist	Caregiver support
Warwick	Wednesday, June 27, 2:30 p.m.		
East Providence	Thursday, June 28, 6:00 p.m.		

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