

What Do You Love About Aging?

With February right around the corner, love is in the air. It's a great time to focus on what you love, which optimizes not only great relationships but great health, too. Doing what we love and having a purpose and passion can all support good heart health. As we age, that's incredibly important.

As you seek in-home care providers or senior services to provide 'care,' don't overlook one of the most important factors – how will they help your loved one do what they love? The ability to help seniors live healthier and independent longer lies in the approach. Is it holistic? Does it connect to community resources? Can it offer everything needed under one umbrella so that care is seamless even as needs change? At the end of the day, 'care' isn't what we want. What we want is independence and maintaining the life we desire. If you don't love how you are aging, what's getting in the way?

Start aging magnificently. Our Lifesprk Life Advisors are available 24/7 to help connect you to any resource or senior service you need to live life fully and love it! You'll also love that this resource is free to you as a benefit of being an Education Minnesota member. **Call 952-345-3317 or visit Senior Care Navigation online.**

P.S. [Check out some of our blogs](#) on finding your purpose and passion.