

Planning Ahead *for* Aging

A Simple, Practical Workshop for Seniors & Families

Guest Speakers



Jet Howell

Memory Care &
Assisted Living
Advisor



Jana Adams, CSA[®]

Real Estate Broker
& Certified Senior
Advisor[®]

What We'll Cover:

- ✓ Practical
- ✓ No pressure
- ✓ Not a legal seminar
- ✓ Focused on real-life transitions and planning ahead

What We'll Cover:

- ✓ Housing options & rightsizing
- ✓ Assisted living, memory care & care transitions
- ✓ How you can work on **keeping your autonomy**
- ✓ How to start family conversations early
- ✓ Planning ahead to protect independence

Tuesday, April 14

10:30 AM – 11:30 AM

 **Cogir Senior Living**

Presentation Room
Cogir Senior Living

4855 Snyder Ln, Rohnert Park

Real transitions. Real answers. **No pressure.**



For additional information, reach out to Jana at 707-985-7942