



Regency Newcastle presents a complimentary Virtual Wellness Series

Join us for a fun and informative virtual educational experience!

All talks will be followed by a 15 minute live Q&A.

For more information or to register call Regency Newcastle at (425) 453-1508.

Medicare Open Enrollment

Wednesday November 11, 10:00 AM–10:30 AM

Speaker: *Norma McKinney*

Getting Organized and Downsizing

Tuesday November 17, 10:00 AM–10:30 AM

Speaker: *Jane Corkery Hahn, Owner, Organizer, and Interior Designer and like BEGETS likes*

Honoring Choices

Wednesday December 2, 10:00 AM–10:30 AM

Speaker: *Bonnie Bizzel, Community Strategist, Honoring Choice Pacific Northwest*

How to Cope After a Loss

Wednesday December 9, 10:00 AM–10:30 AM

Speaker: *Chaplain, Franciscan Hospice and Palliative Care*

Wellbeing

Wednesday December 16, 10:00 AM–10:30 AM

Speaker: *Lisa Ann Mueller, owner of LAM Consulting and Coaching*

Medicare, if You are Turning 64, Here is What You Need to Know

Wednesday January 6, 2021, 10:00 AM–10:30 AM

Speaker: *Norma McKinney*

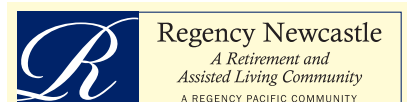
10 Warning Signs of Dementia

Wednesday, January 13, 2021, 10:00 AM–10:30 AM

Speaker: *Stacey Weaver*

Regency Newcastle
7454 Newcastle Golf Club Road
Newcastle, WA 98059

For a complete list of topics and speakers visit our Facebook page at www.facebook.com/RegencyNewcastle



Bringing independence to living and quality to life