



Sponsored by the Society of Certified Senior Advisors – CSA



Health and Wealth Workshops



Wednesdays At 10:00am



Costa Mesa Senior Center

695 W. 19th St, Costa Mesa

Join us for refreshments and raffle prizes and learn more about:

9/24 – Protecting Your Wallet – Protect against identity theft and scams, plus what are the new financial rules in retirement! What you don't know WILL hurt you!

10/1 – Aging in Your Home – how you can successfully age in place, fall prevention measures to protect you and your loved one, and what equipment is available to you!

10/8 – How to Pay for Retirement with Your Home – Learn the pros and cons of selling your home, reverse mortgages, and how to make your money work for you.

10/15 – Independence In Assisted Living – This discussion addresses how to maintain your independence by getting help, what types of care are available, and a panel of experts answering your questions!

10/22 – Advanced Planning – Learn about the new laws regarding the POLST, 5 Wishes, and an expert elder law attorney will review wills and trusts.

10/29 – Mental Health: The 3 D's – Dehydration, Delirium, and Dementia – How does dehydration affect seniors? What is delirium and how does it differ from dementia? What are the reversible and non-reversible types of dementia? What should you do if you think this is you or a loved one?

This event is open to the public. We do appreciate you calling to RSVP, but walk-ins are welcome. To RSVP, please call 949-645-2356 or email cmseniorcenter@costamesaca.gov.