

*Keiro's Quality of Life Classes*

# January & February Schedule

This comprehensive educational program focuses on bringing awareness to and promotion of lifestyle changes that enhance quality of life for older adults.

Start off 2023 with different presentations focusing on Health/Wellness and Autonomy!

## January 2023 - HEALTH/WELLNESS: Diet & Nutrition

- Tuesday, January 10th ▶ **Digesting and Deciphering Food Labels**
- Thursday, January 12th ▶ **Deep Dive into Diabetes and Diet**
- Tuesday, January 24th ▶ **Getting the Most Out of Your Favorite Foods**
- Thursday, January 26th ▶ **Community Conversations: Let's Talk About Food!**

## February 2023 - AUTONOMY: Armed with Agency

- Tuesday, February 7th ▶ **THE Steps to Finding the Right Care Facility**
- Thursday, February 9th ▶ **Maintaining Independence Through Home Modifications**
- Tuesday, February 21st ▶ **Selling Property & Downsizing – Bigger Doesn't Mean Better**
- Thursday, February 23rd ▶ **Community Conversations: What Does Autonomy Mean to You?**

All classes will take place at 10:30-11:30 a.m. Visit [keiro.org/qol](https://keiro.org/qol) to register and for class descriptions. For more information, contact [programs@keiro.org](mailto:programs@keiro.org) or 213.873.5707.



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit [keiro.org](https://keiro.org).