A birthday cake with two candles in the shape of the number "86" is in the foreground. In the background is a woman with blond hair hugging and kissing the cheek of an older woman with gray hair.



LET US HELP

Visit your home page starting Tuesday 10/15:

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ONLINE SEMINAR

One of the most significant transformations we encounter is the aging of our parents. The transitions that come with this can be challenging, but they offer opportunities to deepen our relationships.

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**OCTOBER 2024**

The letters "eap" are below a radiating sun which contains a person with upraised arms