

# FriendshipWorks and The LGBT Aging Project **Pride Wellness Series**

**Join us on Mondays in June at 1:00 PM for a series of wellness workshops for LGBTQ+ older adults!**

Over the last year, many of us have struggled to maintain healthy habits as we have shifted our lives to socially distant ourselves. As we transition into new times, it is important to create new habits and take the time to care for ourselves. We hope that these workshops will inspire you to take initiative of your health by implementing small changes that can have a big impact.

## **Schedule**

**June 7: Get Moving! Incorporating Gentle Exercise into Our Daily Lives**

**June 14: Resources for Aging Well**

**June 21: Eating the Rainbow: Using Intuitive Eating as a Skill**

**June 28: Emotional Wellbeing and Mindfulness**

**Register at** <https://lgbtelderpridewellness.eventbrite.com>

