



LEARN

Lifelong Education & Aging Resource Network

LEARNIDAHO.ORG

FREE Education

HEALTH



WEALTH



LIFESTYLE



CAREGIVING



Live Classes & Videos



@LEARNIdaho

Email: info@learnidaho.org

Register at: learnidaho.org/education

Winter 2022 Schedule

January
13

Setting Healthy Caregiving Boundaries
4:00 PM - 5:30 PM via Zoom

January
20

Choosing a Retirement Community
4:00 PM - 5:30 PM via Zoom

February
1

7 Habits of Highly Effective Retirees
4:00 PM - 5:30 PM via Zoom

February
15

Prevention & Treatment of Dementia
4:00 PM - 5:30 PM via Zoom

February
24

Medication Management
4:00 PM - 5:30 PM via Zoom

March
3

Benefits of Palliative Care
4:00 PM - 5:30 PM via Zoom

March
15

The Art of Long Term Care Planning
4:00 PM - 5:30 PM via Zoom

March
29

Living Well with Diabetes or Chronic Pain
4:00 PM - 5:30 PM via Zoom



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Topics and dates are subject to change.
See www.learnidaho.org/education for the latest class schedule.