

Home for the Holidays



The holidays should be joyful- not stressful! Join Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist for this practical workshop will explore ways to make the holiday season safer, easier, and more enjoyable for older adults and loved ones experiencing changes in mobility, balance, vision, hearing, or endurance. We'll discuss simple ways to make your home safer for holiday gatherings, thoughtful and useful gift ideas for aging loved ones, and tips for making holiday travel and outings easier and more accessible.

For more program details, visit the registration page.

Free to all MIIA Account::

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**

**Wednesday, December 2
4:30 to 5:30 PM**

**ZOOM Meeting
Lead by Katie Wadland**

**[Register here](#)
by December 2**



**Register on
your MIIA Mobile App**

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