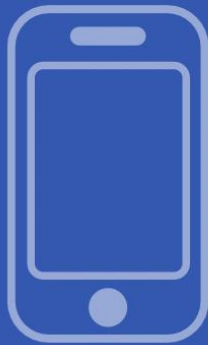


SOAR WITH US



**BECOME AN
OLDER ADULT
PEER SUPPORT
SPECIALIST!**



DATES

May 23 9am-1pm EST
May 25 9am-1pm EST
May 26 9am-1pm EST
June 1 9am-1pm EST
June 3 9am-1pm EST

Register by Clicking [HERE](#)

The virtual SOAR training is 20 hours long and offered through a series of 5, 4-hour online sessions:

- Technology Training & Preference for Older Adults
- Normal Aging & Technology
- Resources to Age in Place
- Aging Successfully
- Education on Whole Health
- Lived Experience of Aging with Mental Health and Physical Health Challenges
- Defining Values & Setting Goals in Late-Life
- Mindfulness & Acceptance
- Offering Digital Peer Support

