

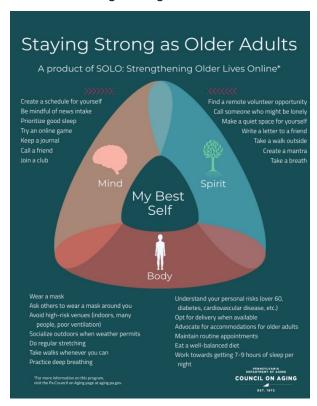
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Older Adults Helping Older Adults Live Their Best Lives



Starting **Tuesday**, **December 15**, the Pennsylvania Council on Aging's (PCoA) Social Isolation Task Force is holding free, virtual, small-group, and interactive sessions designed to help older adults safeguard their mental, spiritual, and physical health. Now more than ever, these tips and reminders are critically important.

These sessions will also give seniors the chance to maximize the positive impact of the council's interactive guide, known as **SOLO**: Strengthening **O**lder **L**ives **O**nline.



Space is limited for these hour-long sessions, so older adults should RSVP as soon as possible.



