

# Live Your Best Life: Aging in Place

**September 24, 2025  
11 a.m. to 2 p.m.**

**Good Shepherd  
Rehabilitation**

**Hyland Center  
850 S. 5th St.  
Allentown**



**Join us for a free, interactive community event focused on helping older adults live your best lives safely, independently and comfortably at home. Explore local resources and receive free wellness screenings from licensed healthcare professionals.**

- Older adults
- Caregivers & family members
- Anyone interested in healthy, independent aging

- **Free wellness screenings** by licensed physical therapy, occupational therapy and speech therapy professionals, including evaluations for:
  - Mobility and strength
  - Memory and cognitive function
  - Balance, dizziness and fall risk
  - Vision changes
  - Communication, voice and swallowing concerns
- **Aging-in-place education** on home safety tips and fall prevention strategies, assistive technologies and how to stay independent
- **Meet local providers** and connect with therapists, aging specialists and community support programs
- **Enjoy snacks, raffles and more.**

**RSVP by Sept. 19  
at 610.776.3247**

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**[goodshepherdrehab.org](http://goodshepherdrehab.org) • 1.888.44.REHAB (73422)**