

Aging Well

Are you ready to prioritize your health and wellness? Whether you are continuing your journey, just starting, or starting over, let us help you. Aging Well is sponsored by Peak Advantage Medicare in collaboration with WVU Medicine. This free program, available to all Peak Advantage Medicare members, combines expert-led education, community support, and flexible learning formats to help participants stay active, physically and mentally sharp, and socially connected.



Free and Accessible

- Attend free classes either in person, online, or watch recordings anytime



Relevant topics for healthy aging

- Nutrition, physical activity, stress management, sleep hygiene
- Preventing scams, estate planning, and advanced care planning
- Coping with grief, loss, and life transitions



Holistic benefits

- Tools to improve health literacy and informed decision-making
- Build confidence in managing health and planning for the future
- Live life with vitality and independence



Designed just for you

- Tailored to meet the unique needs of all Peak Advantage members
- Activities support physical health, mental sharpness, and emotional well-being



Expert-led and supportive environment

- All sessions led by qualified experts in health and wellness
- Supportive community where participants connect and grow together

Aging Well isn't about adding years to your life, it's about adding life to your years. With free expert guidance, flexible learning, and a supportive community, you'll gain confidence, health, and energy to enjoy your independence and thrive at every stage.

Questions?

Email AgingWell@peakhealth.org or call Member Service **1-855-962-7325** (TTY:711)

