



## **“In a Nutshell”**

**Who we are...** LifeWorks Erie, a non-profit organization, is a community of like minded adults who are seeking to live life fully throughout the aging continuum.

**Why we exist...** LifeWorks Erie is the provider of relevant, contemporary programs, services and lifelong learning opportunities that engage the 50+ individuals who are interested in staying active mentally and physically and want to lead healthy, vibrant lives. LifeWorks Erie also serves as a trusted filter and adviser to older adults and their families regarding choices which enable living well, maintaining independence and providing access to complimentary services throughout the changing needs of aging.

**Our Mission...** To be the region’s premier resource and advocate for health living among older adults.

## ***A Life actively lived, Works!***

**What we do...** The underlying rationale for developing and implementing programs and services is to encourage optimal aging by offering opportunities for wellness in all dimensions: intellectual, emotional, mental, physical, psychological, and spiritual.

**Lifelong Learning:** regardless of age, but particularly during the aging process, stimulates curiosity, exploration, and new experiences that in turn decrease the incidence of various diseases and promote health and well being.

**Non-Medical Services and Programs:** The New Horizon Music Project, Encore (return to work counseling), recording of oral history, Creative Aging, café service, use of computers, and many other services as described in LifeWorks Erie brochure.

**Prevention and Health Management:** Members of our staff are certified in Chronic Disease Self Management (Stanford University), Reiki, Therapeutic Yoga, Powerful Tools for Caregivers, and Arthritis Fitness. Our staff includes a Recreational Therapist, nurses, and a certified fitness instructor. LifeWorks Erie offers health screenings, counseling and education, and flu and other vaccinations to the community.

**Our Associates...** LifeWorks Erie is affiliated with the National Lifelong Learning Institute Network of Elderhostel, National Institute of Aging Go4Life Program, National New Horizons Music Program, WQLN, Erie Philharmonic, ArtsErie, and other associates, partners, and sponsors including UPMC Women’s Health Connection, Jefferson Educational Society and the Alzheimer’s Association.

**406 Peach Street, Erie PA**  
**LifeWorksErie.org**