

How We Age Matters Highlights the South Florida Institute on Aging 5th Annual Symposium

MAY 18, 2021



Among the topics to be covered are technology, healthy living the digital way, economic stability, diversity and more

Technology, healthy living the digital way, and seniors and the economy are just some of the topics that will be covered during the “How We Age Matters” 5th Annual South Florida Institute Aging Symposium on Wednesday, June 23

from 9 a.m. to 2 p.m.

The Symposium will be presented virtually again this year. Speakers will discuss how we age matters, shaping the narrative about seniors with a number of topics that address ideas and solutions to lifestyle, employment, healthcare, financial and diversity challenges faced by older adults. This forum is designed to encourage conversation and collaborative problem solving to better help older adults thrive as they age, while providing information on community efforts and resources. Seniors cannot be left behind. The aging population and communities are essential to the economic and social stability of the country and some of underserved seniors will need economic security. In order to move forward, they must be well equipped, supported and empowered to thrive.

Visit <https://www.thesofia.org> for more information on sponsorships or to purchase tickets. Businesses, government entities and members of the community interested in creating a more age-friendly community are invited to attend. General admission tickets are \$50.

SoFIA's mission is to improve economic and social insights and services to empower people as they age. Visit www.theSoFIA.org for more information.

About SoFIA

A non-profit think and act tank, the South Florida Institute on Aging (SoFIA) creates and delivers socio-economic support programs for South Florida seniors that can also serve as a model for other communities with aging populations. For more than 55 years, SoFIA has provided innovative services tailored to meet seniors' caregiving and respite, civic engagement and economic security needs. This past year, SoFIA's 500 experienced senior volunteers provided over a quarter of a million hours to serve nearly 2,000 residents including: veterans who received the mentoring of fellow veterans; seniors, disabled adults and caregivers who were enabled to live independently through caregiving and companionship programs; children in underserved communities that saw a 90 percent improvement in literacy skills through the Foster Grandparent program; and over 500 seniors graduated from SoFIA's technology courses.