

Keiro's Quality of Life Classes

July Schedule

This comprehensive educational program focuses on bringing awareness to different perspectives and lifestyle considerations to help enhance the quality of life for older adults.

July's Quality of Life Classes will focus on making informed decisions on in-home care options, specifically in regards to your or your loved one's Health and Wellness.

July 2023 - HEALTH/WELLNESS

▸ THE Steps to Finding the Right In-Home Care

Tuesday, July 11, 2023 | 2:00-3:00 p.m.

Having the right toolkit to find the best in-home care agency is more important than ever. This class will share various services provided by in-home care, how to navigate the costs of in-home care, and tips for finding the right agency for your needs.

▸ Is In-Home Care Right for Me?

Tuesday, July 18, 2023 | 2:00-3:00 p.m.

Join us for this class as we discuss in-home care as an option for one's aging experience and how there is no one-size fits all to aging. We will discuss levels of care, types of care needs, and how to identify what care is best for you.

Visit keiro.org/qol to register and for class descriptions.

For more information, contact programs@keiro.org or 213.873.5722.



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit keiro.org.