



Wisdom Wednesday

Virtual Educational Series

MAR 3rd / 4PM - AUCTION 101

Tim Zeigler of Kamelot Auction House will talk about Auctions. He will discuss how they have changed over the years, how they work now, how they can be effective when down-sizing your living space and "What's Hot and What's Not".



MAR 10th / 12PM - Power of the Brain

This presentation is a combination of information on brain health, what cognitive stimulation is and its benefits, as well as activities exercising the 5 key areas of cognition. This presentation is positive, informative, and gives people hope that if we keep our minds active, we can build cognitive resilience. To register email: jknupp@fitminds.net



MAR 17th / 4PM - Library Resources...more than just books!

Laura Arnold, Director of the Upper Merion Township Library will be sharing about library materials, programs, resources and services, that you can access for free as Upper Merion residents both online and at the library. The Library has something for everyone and many things you might not expect!

MAR 24th / 12PM - Managing Your Blood Pressure

Learn to understand your blood pressure numbers and discuss dietary and lifestyle approaches that can help you manage your blood pressure. Register at https://mlhs.zoom.us/webinar/register/WN_2XVKdIjP592h_yY-mYxJSA



MAR 31st / 1PM - Hear What You've Been Missing

Caren Yucha of Yucha Hearing Aids leads this discussion about the impact of untreated hearing loss and what can be done about it.

Register for events at <https://bit.ly/KOPWisdomWednesday>

For questions call 484-394-2476 or email jdambrosio@anthologyseniorliving.com

ANTHOLOGY OF KING OF PRUSSIA
350 Guthrie Rd / King of Prussia, PA 19406

[AnthologySeniorLiving.com/King-of-Prussia](https://www.AnthologySeniorLiving.com/King-of-Prussia)