

**You're making all the right moves to serve your clients. We have the resources to help you do it even better.**



At CenterWell, we invest in the growth of agents by providing teaching tools that not only educate clients but help build relationships with them as well. Take a look at the programs you can use to inform—and encourage—your client base.

## Programs in a Box



### Technology

From tech basics to avoiding online scams, to the joys and benefits of connecting with friends and family through social media platforms, this program will help make tech-wary seniors more tech savvy.



### General Health and Lifestyle

This program covers common aging concerns such as weight gain, preventing falls and maintaining a healthy brain. But it goes beyond those to include tips for how seniors can partner with their doctors, make healthy changes and more.



### Nutrition

Comprehensive in scope, our nutrition program includes 12 classes with topics ranging from healthy salt intake to superfoods to eating for easier digestion.



### Caregiving

You can offer support and understanding for those in the caregiver role by providing them with tips for their own care, as well as how to navigate difficult conversations with those they care for. These two classes have it all covered.



### Behavioral Health

Mood and wellness go hand-in-hand. And for many seniors, depression is common. These classes on positive thinking, aging happily, staying social and more will help your clients prioritize their behavioral health like they do their physical health.



### Chronic Conditions

Offer your clients tips for both prevention and management of common chronic conditions, including diabetes and high cholesterol.



If you have questions or would like to learn about additional resources, please contact your local Broker Relationship Manager.