



Benevilla®

Enriching CONNECTIONS EXPO™

EMPOWERING SENIORS.
SUPPORTING CAREGIVERS.
ENRICHING LIVES.

FREE AND OPEN TO THE PUBLIC

Presented by Bliss Hospice



October 13, 2025

9 am - 1 pm

Lord of Life Lutheran Church

13724 W Meeker Blvd

Sun City West, AZ 85375

Join us for the *Enriching Connections Expo*—a free, community event designed to support seniors, caregivers, and families. Explore a wide variety of resources as vendors from across the Valley showcase services that empower aging with dignity and confidence. Don't miss this opportunity to connect, learn, and discover helpful solutions for your journey ahead.

- ☑ Health & Wellness Resources
- ☑ Caregiver Tools & Support
- ☑ Snacks & Refreshments Provided

Come curious, leave empowered!

PRESENTATIONS

• 9:30 to 10:30

Staying Connected: Addressing Social Isolation and Mental Health in Seniors.

Join Shannon Arriola, MC, Life Transition Coach, for an insightful discussion on how social isolation impacts the mental health of older adults.

• 11:00 to 12:00

Navigating Change: Updates in Medicare and Medicaid.

Arizona State Health Insurance Assistance Program (SHIP), AARP, Arizona Assisted Living Federation of America (AZ-ALFA) and Hospice of the Valley lead a panel discussion on recent changes in Medicare and Medicaid.



REGISTER BY PHONE OR ONLINE:
(623) 584-4999 | TTY711
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