



PLAN FOR TOMORROW, TODAY
ST. PAUL'S EDUCATIONAL SERIES

2025 Schedule



Workshop 1: Healthy Aging

Date: 3/18/2025

Location: A Reason To Survive (ARTS) Center
200 E 12th St, National City, CA 91950

Time: 10am - 12pm

Topic 1 - Fall Prevention

Topic 2 - The Truth About Sugar

**SCAN THE QR
CODE TO RSVP**



Workshop 2: Planning Ahead

Date: 6/17/2025

Location: The Manor on Bankers Hill
2635 Second Ave, San Diego, CA 92103

Time: 10am - 12pm

Topic 1 - Estate Planning and Planning for the Future

Topic 2 - Downsizing Strategies

Workshop 3: Financial Peace of Mind

Date: 9/24/2025

Location: George L. Stevens Senior Center
570 S 65th St, San Diego, CA 92114

Time: 11:30am - 1:30pm

Topic 1 - Maximize your Social Security Income and Social Security Disability Insurance

Topic 2 - The Relationship Between Long-Term Senior Living and Medicare Health Plans

Light breakfast will be served. To RSVP, email rsvp@stpaulseniors.org or scan QR code.

StPaulsSeniors.org