



SDSU CEAL HEALTHY LONGEVITY WEBINAR SERIES

THE GIFT OF PREPARATION: EASING THE AGING JOURNEY FOR YOUR LOVED ONES

As we age, many of us share the same goal — to maintain our independence while sparing our loved ones the stress of making difficult decisions on our behalf.

In this webinar, gerontologist Jonathan Schwartz offers clear and compassionate steps you can take now to prepare for the future with confidence. Learn how to start the conversation about your wishes, identify the key legal and medical documents every adult should have in place, and understand the benefits of organizing your finances, housing plans, and care preferences ahead of time. You'll also discover why taking small steps now can help prevent a crisis later and how technology and community resources can support you in aging well.

This is a practical and hopeful guide for anyone who wants to stay in control of their future—and give peace of mind to the people they love most.



JULY 24, 2025
2:00 PM - 3:00 PM (PST)

