



RESILIENT & READY!
Vital
2021 *Aging*

Vital Aging 2021 Resources

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JoAnne Boncher, San Diego Oasis

<https://san-diego.oasisnet.org/tutoring>

Sara Boquin, Barrio Logan College Institute

www.blci.org/help-get-involved

Ranson Burkett, ESET

www.eset.com/us

Dr. Ken Druck, Druck Enterprises, Inc

www.kendruck.com | (858) 863-7825

Dr. Carmenza Millan, AARP

www.aarp.org/health/healthy-living/info-2020/getting-started-meditating.html

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www.penguinrandomhouse.com/series/DPV/heres-hank

www.penguinrandomhouse.com/series/HAZ/hank-zipzer

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If viewing electronically,
you can click on the hyperlinks
under each speaker
to visit each website



San Diego County is an age-friendly and dementia-friendly community through the Age Well Initiative.