



Solos of the Heartland Lakes Area

A growing portion of the 50+ population is composed of “solos”. These are individuals who cannot or choose not to rely on family to help them navigate life events and make health decisions. The group helps solos plan for and manage health and well-being decisions and events—both large and small—during the second half of life. Participants work with each other to create a personal ‘backup plan’ to make sure they have help and support when they need it. The **Backup Plan** concept was designed by Linda Camp, an independent consultant and researcher.

“Solos” will meet to explore

The Back Up Plan

The 1st Monday of each Month

10:30am to noon

Please join us!

Living at Home

218 Industrial Park Rd, Park Rapids

FREE TO ATTEND

Please pre-register by calling Living at Home

218-732-3137

Weather Closings: If Park Rapids Schools have a late start, early out or are closed due to poor driving conditions (blizzard) all Living at Home activities will be cancelled! We will make announcements on our Facebook page and on the local radio.

