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Home Care Assistance Denver Partners with the Washington Street Community Center to present “Happy to 102 – Best Kept Secrets to a Long & Happy Life”

The workshop, which will cover the key activities to longevity and teach attendees how to live happier, healthier lives at any age, will be held on Tuesday, July 21th, from 12:30 to 1:30PM MST

(Denver, CO – July 13, 2015) [Home Care Assistance Denver](#), a leading provider of in-home care for seniors, is dedicated to partnering with other community members in an effort to increase awareness around healthy longevity and aging. In line with this commitment to community education, Home Care Assistance will be hosting a free, public workshop based on its award-winning book *Happy to 102*. The workshop will take place on Tuesday, July 21th at the Washington Street Community Center located at 809 S. Washington Street. Attendees will learn about longevity and ways in which they can increase both the length and quality of their life; this information is based on a study of the elderly population in Okinawa, Japan, where people live longer than anywhere else in the world.

“We are excited to share this wealth of knowledge and health tips with the community,” said Todd Ediger, Owner of Home Care Assistance Denver. “Adopting healthy lifestyle behaviors that are encompassed in our Balanced Care Method will make a significant impact on health and happiness as you age.”

With an expertise in holistic care, Home Care Assistance educates its caregivers and the seniors they serve on maintaining a healthy mind, body and spirit with age through its proprietary approach to care, the Balanced Care Method™. The Method is based on

scientific studies of lifestyle factors linked to longevity including healthy diet, physical activity, social ties and calmness and purpose.

Home Care Assistance is committed to community education on the topic of aging, wellness and quality of life. *Happy to 102* details behaviors that have been linked to the delay or prevention of Alzheimer's and other chronic diseases, long lifespans and overall quality health into senior years. With an emphasis on aging in place with in-home care, *Happy to 102* unlocks the secrets to longevity and inspires us to live happier, healthier lives at every age.

For more information about Home Care Assistance Denver visit www.homecareassistancedenver.com or call 720-443-3371.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2015 Franchise500® and Inc. 5000 Company, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com or franchise.homecareassistance.com.