

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Living to 100 Club Archives Available

**November 29th 2019: Encore: How to Manage
Setbacks as We Grow Older**

This episode is about how people face the many physical, emotional, and personal setbacks that frequently occur as we age. We will discuss many of the usual events that we encounter, such as a new medical condition, loss of hearing or vision, driving difficulty, a loss of a family member or close friend, and others. There will be a discussion of how people face these setbacks, sometimes being adaptive and healthy, and sometimes being not so adaptive. Our guest will share his experiences as a psychologist who, for many years, has worked with older adults facing a wide array of medical problems.

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

EPISODE ON DEMAND

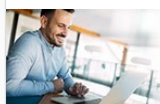
VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG