

Waterman Village

LIVING YOUR BEST LIFE™

Confab CONNECTION

Monthly Topics for Living Well

Join us each month as we explore topics that support healthy aging, emotional well-being, resilience, and living your best life.



WHEN:

2ND WEDNESDAY
OF THE MONTH



FIRST MEETING:

JULY 8, 2026

TOPIC:

Leveraging How to
Stay Mentally Sharp
for Cognitive Fitness



TIME:

10:00 AM



WHERE:

THE CHAPEL



LED BY:

Dara Treadwell, M.S., H.S.S.P



A New Topic Every Month

Learn • Connect • Thrive

Join these educational discussions 
that inform, encourage, and connect us on our journey to living well.

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