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# Aging Healthily

**Saturday, 29<sup>th</sup> November, 2025 | 01:30 pm - 02:30 pm**

Take control of your future wellbeing. Attend our Good Living Drive session, where our medical expert will guide you through practical strategies, lifestyle habits, and preventive measures that support healthy aging, helping you make informed choices for a stronger, more fulfilling life.

Followed by a live Q&A session.



**Dr. Aarthi Kannan**  
Consultant - Geriatric Care

Zoom Webinar ID: 931 9386 9556

[Click here to register](#)

**Registration is free but mandatory.**

After registering, you will receive a confirmation email containing information about joining the webinar.