



Virtual Events

Registration or Event Links Listed With Each Event

All Events Are Free Of Charge And Open To Everyone

The Ins and Outs of the New No Fault Auto Insurance Law

Description: The Michigan Department of Insurance and Financial Services will cover the key changes in Michigan's New Auto Insurance Law, as well as how these changes affect you and the coverage options available to you.

Presenter: Andrea Miller, State of Michigan, Michigan Department of Insurance and Financial Services

Date: June 18, 2020

Time: 10:30 -11:30 am

Link to Virtual Event: <https://bit.ly/2WAB070> No preregistration needed

AARP Virtual Disrupt Aging Book Club

Event Description: The AARP Disrupt Aging Book Club is off to a start on our 2020 schedule and we'd love to have you join us. Our next meeting is **June 23rd** where we will be discussing Three Things About Elsie by Joanna Cannon.

Moderator: Marianne Samper

Date: June 23, 2020

Time: 10:30 - Noon

Registration Link: <https://aarp.cvent.com/BookClubJune2020>

Building a Standing Raised Garden Box

Event Description: Join us to learn how to build your own Standing Raised Garden Box! This fun project is easy to accomplish at home with minimal materials and tools. By raising the soil level off the ground, such gardening structures reduce the back-bending effort needed for jobs such as planting, weeding and harvesting.

All skill levels welcome.

Presenters: Emma Henry, Capital Area Housing Partnership;
Jim Kirschensteiner, AARP Volunteer

Date: June 24, 2020

Time: 10:30 – 11:30 am

Registration Link: <https://bit.ly/AARPMIGarden>

Everything You Need To Know About A Total Hip Replacement

Event Description: Dr. Daniel Mesko will guide you through everything you need to know when it comes to Total Hip Replacements including bearing surfaces, surgical approaches, technology, recovery and more. After this presentation you will have an understanding of who is a candidate for a total hip replacement and what your surgical and non-surgical options are to relieve hip pain.

Presenter: Dr. Daniel Mesko

Date: July 1, 2020

Time: 6:00 – 7:00 pm

Registration Link: <https://aarp.cvent.com/ReplaceHipsJuly2020>

Virtual Good Form Walking Clinic

Event Description: The Good Form Walking Clinic Teaches individuals a form of walking that has less impact on the joints and is easier on the body. Participants will have better posture, better balance and the ability to walk with less pain after participating in the clinic.

Coaches: Trained coaches from Playmakers will lead the clinic

Date: July 23, 2020

Time: 10:00 – 11:30

Registration Link: <https://aarp.cvent.com/GFWJuly2020>

You can find other upcoming events at <https://local.aarp.org/lansing-mi/aarp-events/>

Questions? Contact Karen Kafantaris at kkafantaris@aarp.org