

SILVER PRIDE+ Connection

What Silver Pride+ Means for You

A welcoming, affirming space for LGBTQ+ adults age 50 and older to learn, connect, and thrive. Gain trusted health education on aging and navigating care, while building meaningful connections that reduce isolation.

Through shared experiences and support, you will find community, strengthen your voice, and feel empowered to live healthier and more confidently at every stage of life

Here, you are seen, valued, and empowered to live healthier, fuller lives at every stage of aging.



**2nd Monday
every month
4:30-6:30 PM
Free to attend
Meal Provided**

Monthly topics focus on:

Health care navigation, aging and wellness, advocacy, mental health, chronic conditions, caregiving, and LGBTQ+ identity across the lifespan.

**Holy Cross Family Health Center
Mangrove Education room
5601 N Dixie Highway
Oakland Park FL 33334**

**RSVP: Von Biggs 954-542-1671
or von.biggs@holy-cross.com**



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Month	Topic
July 13, 2026	Navigating the Healthcare System Without Burnout
August 10, 2026	Advance Care Planning and Medical Decision Making
September 14, 2026	Becoming Community Advocates and Leaders
October 12, 2026	Cancer Screenings and Prevention After 50
November 09, 2026	Gratitude, Resilience, and Community Sustenance
December 14, 2026	Reflection, Legacy, and Moving Forward Together
January 11, 2027	Navigating Comorbidities as We Age
February 08, 2027	Heart Health, Hypertension, and Aging Bodies
March 08, 2027	Mental Health, Depression, and Isolation in Older Adults
April 12, 2027	Advocacy Starts with You
May 10, 2027	Chosen Family, Caregiving, and Support Systems
June 14, 2027	Pride Month Reflections and Aging Out Loud

SCAN TO REGISTER

