

The AMIGOS Project Presents



Live, Learn, Grow

A welcoming space to
build connection,
resilience, and purpose.

Led by Ligia M. Houben, Life
Transitions Coach and
founder of My Meaningful
Life.



with Ligia M. Houben

Award-winning program
offered **FREE** for adults 60
and older.

Virtual format – join from
the comfort of your home!



UPCOMING TOPICS

JANUARY 2026

Jan 5 – Fresh Starts: Embracing Change with Grace

Jan 12 – Mind Over Mood: Cultivating a Peaceful Mind

Jan 19 – Healthy Habits for a Vibrant New Year

Jan 26 – Celebrating Life Milestones and Personal Wins Together

FEBRUARY 2026

Feb 2 – Love Yourself First: The Art of Self-Compassion

Feb 9 – Friendship Circles: Building Bonds in Later Life

Feb 16 – Creative Joy: Expressing Yourself through Art & Music

Feb 23 – The Joy of Giving and Receiving Love



Scan to
register or sign
up via email:

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**Humana
Foundation**