

A Matter of Balance

Jill Bubel – Guest Speaker on 20-Oct-2025

Great Podcasts:

The Huberman Lab: <https://www.hubermanlab.com/>

Emily Splichal: 5-minute morning foot routine https://youtu.be/kF_U4F9Qhqw?si=qY8tRmRdhj-M0eRn

The Ready State Podcast Active Aging: <https://youtu.be/o2KEDVPrH0I?si=YmFnxoyvj7lNy8Xi>

Alexa Emergency Assist: Search Alexa Emergency Assist on Amazon, \$5.99/month, Annual 59.00/year

<https://www.askmybuddy.net/> : Use the Getting Started guide at the bottom of the home page
After setup, “Alexa, Ask My Buddy to Send Help” “Hey Google, Ask my buddy to send help”