

Health & Wellness Series

for older adults ages 55+

Learn new strategies to maintain a healthy lifestyle and get the best out of life in your golden years.

6-Weekly Educational Sessions:

- Healthy Aging
- Safe Medication Use
- Strategies for Healthy Living
- Alternative Approaches to Pain Management

Session Information:

- Dates: Fridays, August 13-September 17
- Time: 12pm-2pm
- Location: Tony's Pizza and Pasta Restaurant
 - 3339 NJ-94, Hamburg, NJ 07419



COMPLIMENTARY
LUNCH SERVED
WEEKLY &
GIFT CARD
REWARD

*Program funding provided by NJ Department of Mental Health & Addiction Services

REGISTRATION IS REQUIRED



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