

THE CENTER FOR PREVENTION
AND COUNSELING

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 W.I.S.E. SESSIONS:

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

SESSION INFORMATION

- Dates: Fridays, March 4th-April 8th
- Time: 11:30am-1:30pm
- Location: Lamp Post Inn, Vernon NJ



**FREE LUNCH
PROVIDED
WEEKLY
& GIFT CARD
REWARD**

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

REGISTRATION REQUIRED



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