



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

The educational program offers six free weekly lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this exciting stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors you should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

**Thursdays at 10 AM
June 8th through July 13th**

Price: FREE!

Register on Community Pass or Call Us

(Listed under Wall Youth Center Activities 2023)

<https://register.communitypass.net/wall>

Space is limited.

732-681-1375

Wall Youth Center & Community Services

1824 South M Street

Wall, NJ 07719

Wall Township Residents Only

**Free refreshments and giveaways for
participating in the program!**



Family & Children's Service
191 Bath Avenue, Long Branch, NJ 07740

