

LAWRENCE TWP SENIOR CENTER



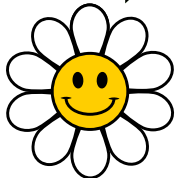
CELEBRATING HEALTHY AGING AND EDUCATING OLDER ADULTS

Mondays **April 6th to May 11th** **1:00 PM**

THE EDUCATIONAL PROGRAM OFFERS SIX 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

FREE REFRESHMENTS AND GIVEAWAYS FOR PARTICIPATING IN THE PROGRAM! FOR MORE INFORMATION, CALL THE LAWRENCE SENIOR CENTER AT 609-844-7048.



30 EAST DARRAH LANE, LAWRENCE NJ