



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?

Join us, and bring a friend!

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

When? Tuesdays – 2/10, 2/17, 2/24, 3/3, 3/10 and 3/17

Time? 11:30 AM – 1:30 PM

Where? Garfield YMCA, 70 Outwater Lane, 2nd Floor

**Free lunch, raffles and giveaways for participating in the program!
\$25 gift card upon program completion!**

For more information, call Erica Russell at 973-928-2970.

Program Provided by: **The Partnership for Senior Health and Wellness**



In collaboration with:
Garfield YMCA