

# The WISE Program is returning to the Garfield YMCA

**When? Tuesdays**

**10/25, 11/1, 11/8, 11/15, 11/22 & 11/29**

**Time? 11:30-1:30 PM**

**Where? YMCA**

**70 Outwater Lane, 2nd Floor**

**Come join us for an interactive health**

**and wellness program.**

**Lunch will be served.**

**\$25  
GIFT CARD**  
upon completion

**To sign up contact**

**Erica Russell**

**973-928-2970**

**RAFFLE**  
every week

Program Provided by:

**The Partnership for Senior Health  
and Wellness**

 **THE CENTER**  
FOR ALCOHOL AND DRUG RESOURCES  
A Program of Children's Aid and Family Services

In collaboration with:

**Garfield YMCA**



*Celebrating healthy aging and educating older adults*