



Celebrating healthy aging and educating older adults

Are you 55 or older and looking for an opportunity to learn how to stay healthy and meet new people?

*Washington Township Library
144 Woodfield Road
Township of Washington, NJ 07676*

*Wednesdays starting May 3, 2017
5/3, 5/10, 5/17, 5/24, 5/31, 6/7
10:00am—12:00pm
Lunch will be provided*

The WISE program offers lessons that cover a wide range of topics.

- 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

**For more information, call the Township Library
at 201-664-4586.**

Program Provided by:

**The Partnership for
Senior
Health and Wellness**



In collaboration with:
Township of Washington Municipal Alliance



Registration for WISE Lessons - Wellness Initiative for Senior Education

Please check off which dates you will be able to attend.
All programs occur on Wednesdays, and lunch will be provided

- May 3 10am - 12pm**
- May 10 10am-12pm**
- May 17 10am-12pm**
- May 24 10am-12pm**
- May 31 10am-12pm**
- June 6 10am-12pm**

Patron Name: _____

Phone Number: _____