



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

Take advantage of this FREE virtual WISE program. Join us, and bring a friend!

- Lesson 1 – Wednesday, January 5, 2022, 9 a.m. – noon
- Lesson 2 – Wednesday, January 12, 2022, 9 a.m. – noon
- Lesson 3 – Wednesday, January 19, 2022, 9 a.m. – noon
- Lesson 4 – Wednesday, January 26, 2022, 9 a.m. – noon
- Lesson 5 – Wednesday, February 9, 2022, 9 a.m. – noon
- Lesson 6 – Wednesday, February 16, 2022, 9 a.m. – noon

This virtual online educational program offers six lessons covering a wide range of topics. Join us for this fun program from the comfort of your own home, 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 lunch delivery and giveaways for program participants!**

Tablets will be available for participant use. For more information and to register, call **Ingrid Fernandez** at **908-689-1000** or email **WellW**



**PREVENTION CONNECTIONS**  
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