



Celebrating healthy aging and educating older adults



 County of Delaware Services for the Aging



Health & Wellness Program

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

**White Horse Village
535 Gradyville Road,
Newtown Square, PA 19073
Tuesdays, April 10th through May 15th 2018
1:00 to 3:00 p.m.**

To register contact:

Kathleen M. Trazzera, RN, CCM, Director of Clinical Services
White Horse Village at (610) 558-5063
or e-mail at ktrazzera@whitehorsevillage.org