

***Are you looking for an opportunity to learn how to
stay healthy?
Would you like to meet new people?
Join us!***



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

- Healthy aging
- Unhealthy behaviors to avoid
- Safe use of medications
- Tools to help you take charge of your health



Where: Highland Park Community Center
220 South Street
Highland Park, NJ



When: **Friday, May 3**
Friday, May 10
Friday, May 17
Friday, May 24
Friday, May 31
Friday, June 7

Each session is from 10:00AM to 11:30AM



Refreshments will be provided at each session!

To Register please contact the Community Center by calling 732-819-0052 to confirm your attendance



 **WISE**
Wellness Initiative for Senior Education

Highland Park
DEPARTMENT OF AGING 


Wellspring
CENTER FOR PREVENTION
Promoting Healthy Living Through Education, Training & Advocacy

**HIGH
LAND
PARK**