

FREE 7 WEEKLY
WORKSHOPS

HEALTHY AGING

“These workshops have changed my outlook on life. Now I want to move more, do more, and ask my doctor more questions about the medications I’m taking.”



WHY?

Because you owe it to yourself!

REGISTER HERE



Who? Anyone 65 years of age or older.

What? Seven weekly workshops featuring lunch, fantastic giveaways, and a gift card on completion of the workshop series.

Where? Bernards Township Library,
32 S. Maple Ave.,
Basking Ridge NJ.

When? Wednesdays, 10:30am to noon.
September 4th, 11th, 18th, 25th, &
October 2nd, 9th & 16th.

After a delicious breakfast and networking, our workshops will introduce you to healthy aging tips and techniques, as well as empower you to explore ways to manage those aches and pains without opioids.

Please register by September 2 at: <https://communityincrisis.org/healthy-aging/>
If you'd rather, you can scan the QR code or register by emailing:
SeniorEducation@communityincrisis.org

