



*Celebrating healthy aging and educating older adults*

## **Are you 60 or older and looking for an opportunity to learn how to stay healthy as you age?**

The WISE program offers six 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

**1425 Teaneck Road  
Teaneck, NJ**

**Lunch Included**

***\$25.00 Gift Certificate for attending 4 of the 6 sessions!***

**February 11, 18, 25 March 4, 18, 25  
(No Class March 11th)**

**12:30-2:30**

**Limited Seating**

**Call 201.530.6756 or email [info@agefriendlyteaneck.org](mailto:info@agefriendlyteaneck.org) with WISE in the subject line. Parking is available at the municipal lot located at 1391 Teaneck Road, with an entrance near Beveridge Street.**

