



LUNCH& LEARN: Better Living with Chronic Conditions



Wednesday, August 26, 2026 11:00 am – 12:00 pm

Leonia Senior Center

305 Beechwood Pl, Leonia, NJ 07605

Presenter: Lisa Blumer, MSN, RN, CHPN

HolyName

Palliative Care Workshop: Understanding Your Options for Comfort and Support: Join us for a welcoming and informative session led by a specialist from Holy Name Medical Center to learn how palliative care can support older adults in living comfortably and confidently. Palliative care focuses on relieving pain, managing symptoms, and providing emotional support—while you continue receiving your regular medical care.

Many people think palliative care is the same as hospice, but it's not. This type of care can be helpful at any stage of a serious illness and is all about improving quality of life. Come learn how you or your loved ones can benefit from this added layer of support.

Inclusive Healthy
Communities
NJ Division of Disability Services



**RSVP: REFRESHMENTS WILL BE SERVED SPACE IS LIMITED.
CALL 201-530-6756 OR EMAIL
INFO@AGEFRIENDLYTEANECK.ORG**



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