



Celebrating healthy aging and educating older adults

Wellness Initiative for Senior Education (WISE) Program:

An Evidence-based Wellness Program for Older Adults

Free Program Focuses on Educating Seniors

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. The **Council for Prevention** is offering this free program.

The program offers lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors older adults should avoid for good health.
- Discuss our cultural and generational diversity and its value
- Examine how alcohol, prescription medications and over-the-counter medications affect adults differently.
- Learn how to help feel more empowered about their health and the healthcare they receive.

Free refreshments will be served at each lesson, and all program participants will be eligible to receive free giveaways.

For more information, please contact **Lori Prock, WISE Coordinator** at **518-746-1527** or **Loriprock@councilforprevention.org**.



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