

Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series

Topic: “Looking at the glass half full:
Strategies to incorporate a more
positive outlook and lower stress”



Speaker: Shelby Nelson, Assistant Director
Hunterdon Health and Wellness Center
1738 Route 31 North
Clinton, NJ

Date: Wednesday, April 12, 2023

Time: 11:00am to Noon
(45-minute presentation and
15 minutes Q&A and boxed lunch)

Location: Meals on Wheels in Hunterdon, Inc.
5 Walter Foran Blvd, Suite 2006, Flemington, NJ

Registration is required. Seating is limited. Boxed lunch courtesy of Meals on Wheels in Hunterdon. Suggested meal donation is \$5.50. To register email your name, phone number, address, and email to Eleanor Langeveld at: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services and Meals on Wheels of Hunterdon County, Funded by the “Older American Act” grant Program is for residents of Hunterdon County that are 60 years or older.