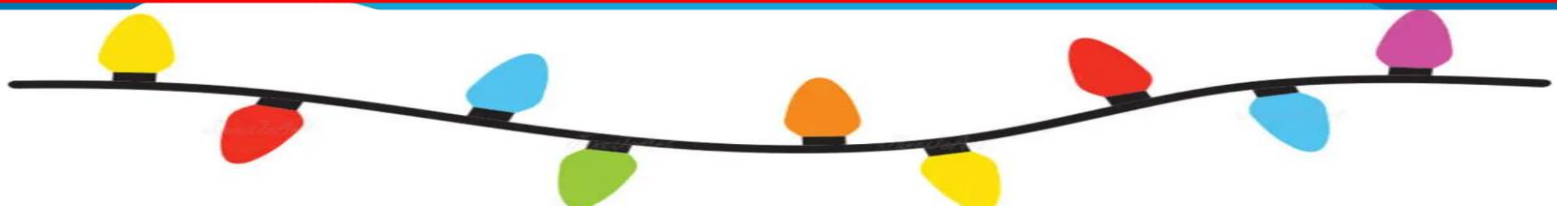
Beverly & Addison Gilbert Hospitals
Center for Healthy Aging
Free Senior Dine & Learn!



Healthy Holiday Tips

Join us for a delicious meal while clinicians from the Center for Healthy Aging provide helpful tips for a happy and healthy holiday season.

- **Date: T**hursday, December 18
- **Time:** 4:30 - 6:30 p.m**.**
- **Place:** Addison Gilbert Hospital, 298 Washington St., Gloucester Cafeteria, located on the Ground Floor
  (Please enter via the main entrance behind the Hospital)

Space is limited, registration is required!

To register, please call the Senior Program Line at (978) 381-7600.

Beth Israel Lahey Health Beverly Hospital | Beth Israel Lahey Health Addison Gilbert Hospital



www.beverlyhospital.org/healthyaging