

Stay Well Returns

A Health Promotion Program for Older Adults

Set goals for a healthier lifestyle in only six weeks.
Join us for INTERACTIVE PRESENTATIONS,
GOOD FOOD, GREAT GIVE-AWAYS, and FUN!



JOIN US WEDNESDAYS...

March 16 - Aging Gracefully

March 23 - You Are What You Eat

March 30 - Less Talk...Let's Eat

April 6 - Falls Prevention & Emergency Preparedness

April 13 - Keep On Moving

April 20 - Stress Less...Live Longer

**DeGraff Community Center
139 Division Street
North Tonawanda, NY**

10:00 a.m. – 11:30 a.m.

Call 438-4033 to register for this FREE Wellness program

(SPACE IS LIMITED)

*Presented by: The McLaughlin Center/DeGraff Memorial Hospital, Niagara County Office
For The Aging, DeGraff Adult Day Care, and Niagara County Department of Health*