



CELEBRATING HEALTHY AGING & EDUCATING OLDER ADULTS



\$50 GIFT CARD FOR PROGRAM COMPLETION



LUNCH PROVIDED DURING PROGRAM

ARE YOU 51 OR OLDER & WANT TO STAY HEALTHY?

The WISE program is designed for older adults to help them celebrate healthy aging, make healthy lifestyle choices, and avoid substance misuse. The program is FREE to attend for Cape May County Residents.

Program Topics Include:

- Medication & Substance Misuse
- Coping with Aging
- Enhanced Quality of Life
- Mental Health
- Alternative Practices to Pain Management

WWW.CAPEASSIST.ORG/WISE

HELD WEDNESDAY MORNINGS | 11:30AM - 1:00PM | 7-WEEKS

JAN. 11 | JAN. 18 | JAN. 25 | FEB. 1 | FEB. 8 | FEB. 15 | FEB. 22

DENNIS TOWNSHIP SENIOR CENTER: 571 PETERSBURG ROAD, NJ 08214

Questions about the program? Contact Sarah Florence at (609) 522-5960 or by email at Sarah@CapeAssist.org. Register for the program using the link above.