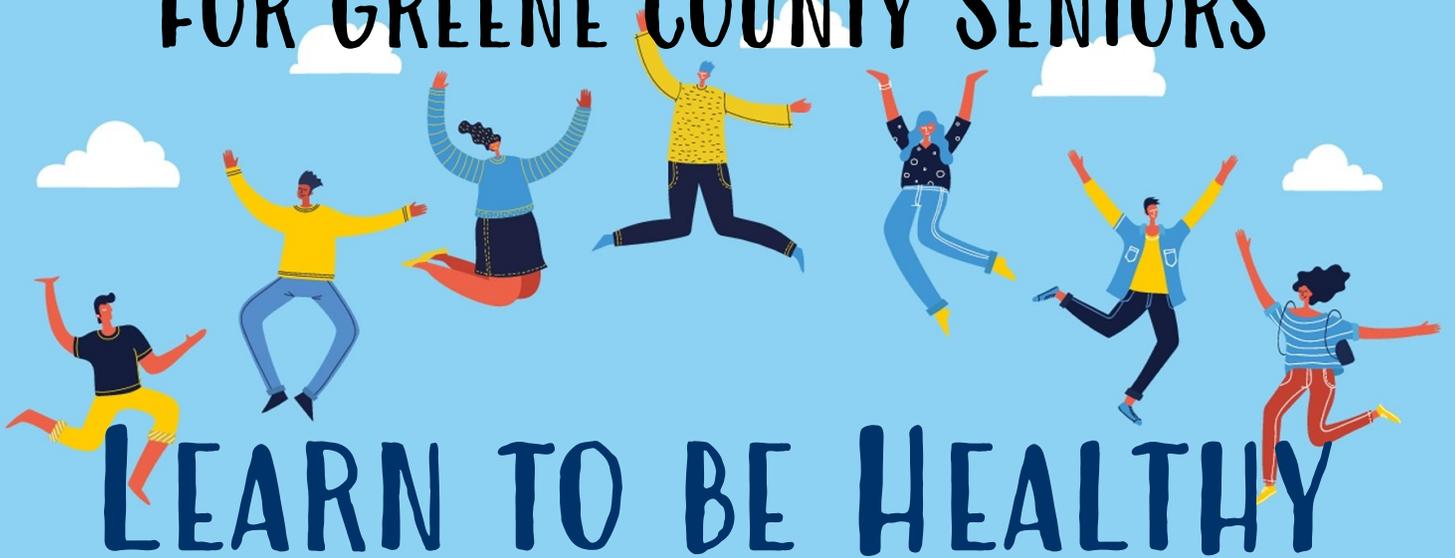


FOR GREENE COUNTY SENIORS



This free program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you

should avoid to stay healthy

- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Where Peace Lutheran Church
3530 Dayton Xenia Rd, Beavercreek,
OH in Room 12

Time Session from 1:00 to 3:30pm

Dates Tuesdays, April 7 to May 12
(4/7, 4/14, 4/21, 4/28, 5/5, 5/12)

Registration Deadline April 3, space is limited

Light refreshments will be available

Transportation can be coordinated

For more information, contact the Council at
937-376-5486 ext 112
or YourFriends@gcco.org



1195 W. Second Street, Xenia OH 45385 • *Find us on Facebook!*

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Celebrating healthy aging and educating older adults