

# IN-PERSON WISE PROGRAM



6-Week Learning Series for Essex County Older Adults Ages 60+

**TUESDAYS**  
1PM - 3PM

**Bloomfield Civic Center, Room 6**  
**84 Broad Street, Bloomfield, NJ 07003**

Join us to improve your wellness,  
connect with others, and learn tips to have a  
healthier lifestyle! Free giveaways!

WEEK  
**1**

**May 23rd**

**CHANGES ASSOCIATED  
WITH AGING**

WEEK  
**4**

**June 13th**

**MEDICATION AND  
THE OLDER ADULT**

WEEK  
**2**

**May 30th**

**AGING SENSITIVITY**

WEEK  
**5**

**June 20th**

**SUBSTANCE ABUSE**

WEEK  
**3**

**June 6th**

**VALUING CULTURAL  
DIVERSITY**

WEEK  
**6**

**June 27th**

**AN ENHANCED  
QUALITY OF LIFE**

**Questions? Contact Us!**

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