



## ~Lunch N' Learn~

**Rebecca K. Abenante, MA, MSW, LSW, ASW-G**  
*Healthy Aging Coordinator for Morristown Medical Center.*

*Presents*

### ***"Embracing Aging"***

Most people believe that the recipe for successful aging includes having a positive outlook and feeling physically healthy and socially connected with others. Learn how you can find your own path to aging well and resources available to help you along the way.

Date: **Monday, February 4, 2019**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

***MUST REGISTER***

**by calling the library at 908-879-7612**

-Seating is limited-

**Sponsored by the Senior Resource Center**

**50 Route 24, Chester, NJ 07930 908-879-2202**

**www.SRCNJ.org**