



~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 25, 2019**

Time: 12:00 PM – 2:00 PM

Place: **Washington Twp. Public Library**
37 E. Springtown Road, Long Valley

Cost: \$2. – LUNCH IS INCLUDED!

MUST REGISTER

by calling the library at 908-876-3596

or register at www.wtpl.org

-Seating is limited-

Sponsored by the Senior Resource Center

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

www.SRCNJ.org

