



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us and bring a friend!

The educational 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 older adults 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

**Free refreshments and giveaways
for participating in the program!**

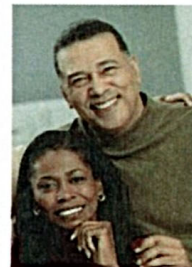
**For more information, call Erica Sebastian
at 716-373-4303 ext 521 or email Mae at mstadelmaier@casa-trinity.org
or Tammy at tvanetten@casa-trinity.org.**

If you have any interest in participating in a Senior Wellness Program, please fill out this survey by either scanning this code or visiting: tinyurl.com/seniorwellnesssurvey



CASA

TRINITY
Hope begins, here.



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Yes! I'd like to participate in the WISE Program, being offered at the John J. Ash Community Center (112 North Barry Street Olean, NY 14760) on the following dates:

Session 1: Wednesday, April 19th 10am-12pm*

Session 2: Wednesday, April 26th 10am-12pm*

Session 3: Wednesday, May 3rd 10am-12pm*

Session 4: Wednesday, May 10th 10am-12pm*

Session 5: Wednesday, May 17th 10am-12pm*

Session 6: Wednesday, May 24th 10am-12pm*

***Lunch will be served during the program at 11:30am.**

Name: _____

Phone Number: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

E-mail Address: _____

You can register by returning this form to the location of the program or by one of the following:

Calling: 716-373-4303 ext 521

Emailing: mstadelmaier@casa-trinity.org or tvannetten@casa-trinity.org