

Press Release

St. Margaret's Episcopal Church's
Council for Community Outreach and Development (CCOD)

will be hosting a

“Wellness Initiative for
Senior Education (WISE) Program”

Free Program Focuses on Educating Seniors

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. This free program will take place at St Margaret's Episcopal Church. The first sessions are August 8th, 15th, and 22nd from 11:00am until 3:30pm, and the second session will be September 12th, 19th and 26th both sessions are open to anyone 60 or older.

The educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to 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 older adults should avoid staying healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they 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 will be served at each lesson, and all program participants will be eligible to receive gift certificates and other free giveaways.

For more information, please contact:

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