

The East County Senior Coalition
is celebrating 16 years of

LIVING BETTER AFTER 50

A day of learning and connection for
older adults of East Contra Costa County

*Stay Calm
& Groove On*



Keynote - Liz Nichols - Gifted Teacher & Coach
Come Experience the Power of Fun

Workshop topics include:

- Tai Chi & Laughter Yoga
- Are your Affairs in Order?
- Scams and fraud safety
- Managing Medication
- Library Services
- Clutter Reduction
- Aging care decisions
- Nutrition & Oral Health
- Dancing and more!



Saturday

April 12, 2025



Time

8:45am to 4:00pm



Black Diamond High School

1131 Stoneman Avenue,
Pittsburg, CA 94565

Registration*

\$5.00

To PAEC



For more info and to register:

Call Pittsburg Adult Education at: (925) 473-2400, register through QR Code or online

<https://pittsburgadult.asapconnected.com/#CourseID=166274>

Registration includes light breakfast, lunch and raffle! Scholarships Available.

Event brought to you by:



MEALS on WHEELS DIABLO REGION

