

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





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



Saturday April 12, 2025



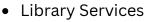
Time

8:45am to 4:00pm

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.



- Clutter Reduction
- Aging care decisions
- Nutrition & Oral Health
- Dancing and more!





Black Diamond High School

1131 Stoneman Avenue, Pittsburg, CA 94565



Event brought to you by:







