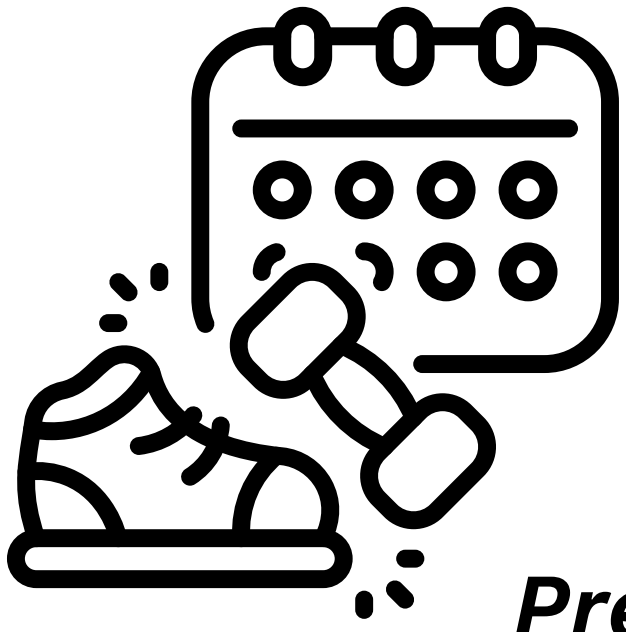


Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series



Fit for 2026!



Presented by: Jennifer Emejulu, DPT, OCS from Brightstar Care

Date: Wednesday, January 14, 2026

Time: 11 AM - Noon

(45 min presentation, 15 min Q&A and boxed lunch)

Location: Meals on Wheels Main Office

5 Walter Foran Blvd, Suite 2006,
Flemington, NJ 08822

Discussion: Get moving today! Just a few minutes of activity can energize your body, sharpen your mind, and protect your health for years to come!



Email your name, phone number and food order to office@mowih.org, or call (908) 284-0735 to register.

Registration is required by 12 PM January 8.

Seating is limited.



*When you RSVP, let us know if you'd like to have a light lunch
(suggested donation of \$5.50 per meal)
or if you would prefer to just come and learn!*

Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services and Meals on Wheels of Hunterdon County, Inc. Partially funded by the "Older American Act". Program is for residents of Hunterdon County that are 60 years or older.