

Health & Wellness Lecture Series  
July 2026 Lunch and Learn

# Healthy Smiles at Any Age

*Presented by: Dr. Stephen Yee, DDS*



**Date:** Wednesday, July 15, 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:** Healthy Smiles at Any Age

Join us for an informative and engaging Lunch & Learn focused on maintaining optimal oral health as we age. During this session, we'll cover topics such as gum health, dry mouth, tooth sensitivity, denture care, and the connection between oral health and overall well-being. Participants will gain valuable tips on daily dental care routines, nutrition, and when to seek professional care.



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

**Registration is required by 12 PM July 8th.**

**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.*