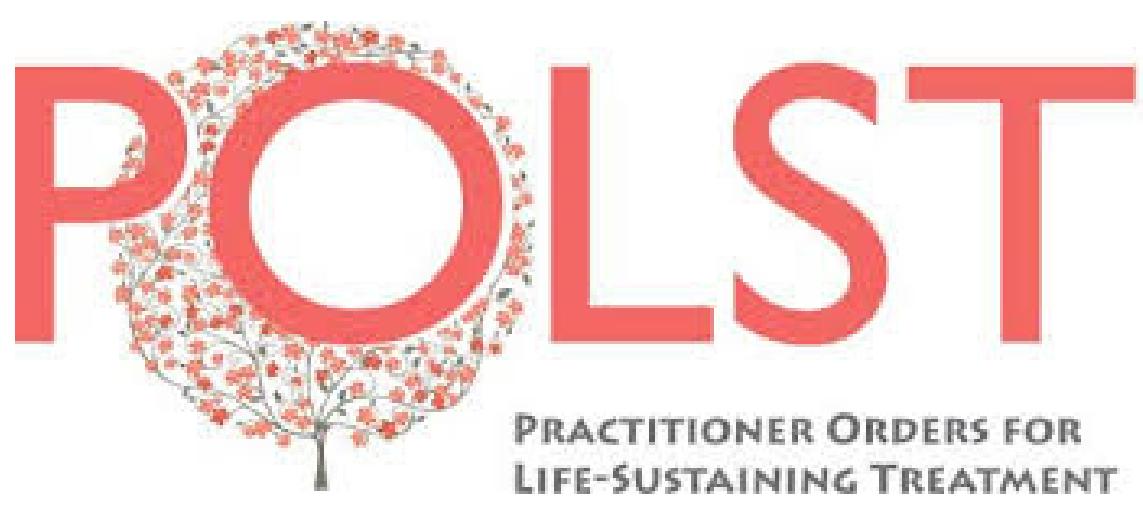


Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series



What is it, and should I have one?

Presented by: Chris Kellogg of Nightengale NJ

Date: Wednesday, March 18, 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: Expert coverage of the difference between POLST, Advance Directives, and DNR, specific details relating to NJ POLST, and an outline of the steps needed to ensure a valid POLST.

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 March 12.

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.