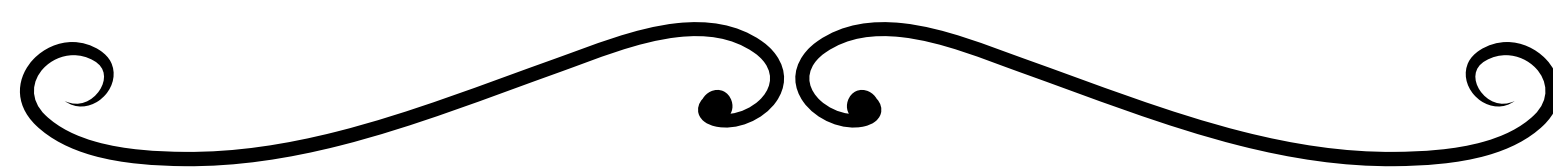


Health & Wellness Lecture Series October 2026 Lunch and Learn



Prepare to Care: Planning Your Loved One's Future

Presented by: Jessica Dale, A Place at Home, Somerville



Date: Wednesday, October 21, 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: Prepare to Care



We want the best for our loved ones, but caregiving can feel overwhelming without a map. Come build a practical, compassionate roadmap for your loved one's aging journey. Discover how to organize essential information, navigate tough conversations, and tap into local resources so you can provide the best care possible, without losing yourself in the process.



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 October 14th.

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.