

Health Education



In order to promote healthy lifestyle choices, we introduced our Health Education Series in 2008, made possible through a variety of collaborations. Our 2008 classes centered on diabetes and nutrition, while exploring the relationship of lifestyles and disease impact.

We offer interactive workshops throughout the year. Previous workshops involved the following topics: Freedom from Falls, The Importance of Self-Esteem, Senior Dating, Know What is in Your Medicine Cabinet, Elder Care Planning, Skills for Healthy Living, and Developing an Action Plan for Your Health. Please call 201-804-2500 for more information.

