



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend! Free refreshments and giveaways, including a \$25 gift card for completing all six classes!

This educational series covers a wide range of topics. Join us for this fun program where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this exciting stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors you should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the health care you receive.

When: Wednesdays from 1–3 p.m.
October 11, 18 and 25
November 1, 8 and 15

Where: Forest Grove Senior & Community Center
2037 Douglas Street

Registration required by calling Shannon at 503-846-3090.



WASHINGTON COUNTY
OREGON

Department of Health and Human Services
Disability, Aging and Veteran Services



TUALITY HEALTHCARE
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