



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?

This educational program offers six lessons that cover a wide range of topics.

Join us for this fun program, where you will:

- 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 and 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 healthcare you receive

There is no cost for this program!

Call (574) 284-7132 to register or scan:

Sept. 17 – Oct 22, 2025
Wednesdays, 10:45am - 12:15am
(Central Time)

Michigan City Senior Center
Two On the Lake
Michigan City, IN 46360



W.I.S.E. Registration

HEALTH EDUCATION
To Register, Call 574-284-7132 or Scan the QR code



Program may be provided in part by funding through the Indiana Family and Social Services
Administration through the Older Americans Act and other grants.