



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:

November 5 – December 17, 2025

(no class Nov 26)

Wednesdays, 12:30pm - 2:00pm

**Portage Commons Senior
Enrichment Center
133 N William St.
South Bend, IN 46601**



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

