



*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 making healthy lifestyle choices
- Celebrate this exciting stage of life and all of its benefits
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how substances, like alcohol and medications, affect older adults 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) 936-9904 to register or scan:



**February 19 - March 26, 2026**  
**Thursdays, 11am - 12:30pm**

**Marshall County Council on Aging**  
**1305 W Harrison St.**  
**Plymouth, IN 46563**



**HEALTH EDUCATION**  
To Register, Call 574-936-9904 or Scan the QR code