



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
- Use simple tools to help you feel more empowered about your health and the healthcare you receive

**There is no cost for this program.
FREE lunch served for participants at 11:45am!**

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



**July 6 - Aug 10, 2026
Mondays, 12pm - 1:30pm**

**The Salvation Army Kroc Center
900 W Western Ave.
South Bend, IN 46601**



Call 574-284-7132 or scan the QR code to register!

HEALTH EDUCATION