



Celebrating healthy aging and educating older adults

The Berkeley Municipal Alliance and ADACO of Ocean County are joining together to bring a Senior Education Program to Pheasant Run.

Are you 55 or older and looking for an opportunity to learn how to stay healthy, meet new people and contribute to the health of other New Jersey seniors?

Join us, and bring a friend!

We're looking for volunteers to be a part of a Senior Education Program called W.I.S.E. (Wellness Initiative for Senior Education). Participants will take a six-lesson educational program, presented by ADACO of Ocean County. Each volunteer will have fun learning and will receive a **\$50.00 gift card after completing the six sessions.**

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

Join us for this fun program, and meet new people.

- 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.

Volunteers will be able to select a Session below

- **Meeting Place** 239 11th St – the Engle Sprague Senior Center
- **Meeting Dates:** Wednesday's June 24 - July 29th
- **Meeting Time:** 10am – noon **lunch will be served.**

For more information, call 693-5407

Email: recreation@townshipofocean.org Or

**REGISTER by filling out the form and returning to:
Township of Ocean 50 Railroad Ave – Waretown 08758**

Name _____ **Phone** _____

Address _____