

MANALAPAN SENIOR CENTER

WISE

Wellness Initiative for Senior Education

12:30 pm - 2:30 pm

Senior Center Bldg.-211 Route 522

Lesson 1: Tuesday, September 8

**Understanding the Changes Associated
with Aging**

Lesson 2: Tuesday, September 15

Aging Sensitivity

Lesson 3: Tuesday, September 22

**Valuing Cultural & Generational
Diversity**

Lesson 4: Tuesday, September 29

Medication & the Older Adult

Lesson 5: Tuesday, October 6

**Substance Misuse, Addiction & Older
Adults**

Lesson 6: Tuesday, October 13

An Enhanced Quality of Life

**Must RSVP for each session
in person or call 732-446-8401**