

AGING WISELY



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LOVE LIFE, LIVE WELL

ENJOY FREE

- Healthy Snacks
- Great Resources
- Social Connections

The Prevention Team
173 Lord Howe Street
Ticonderoga, NY 12883
518-585-7424
Preventionteam.org

TOPICS

Stress Management

Aging with Power &
Knowledge

Enhancing Your Quality of
Life

Tackling Difficult Emotions
& Habits

Strategies for Maintaining a
Healthy Lifestyle

WHEN:

Feb. 27, Mar. 5, 12, 19,
26, April 9, 2024

WHERE:

Moses Circle Apts.
92 Adirondack Drive
Ticonderoga, NY

12883

TIME:

10:00 AM – 12:00 PM
(light lunch served)

CONTACT:

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