

## **FREE HEALTH & WELLNESS WORKSHOP**

*HMSA presents*

# ***"Successful Aging Begins with You"***

This is a lively one-hour exploration of the aging process and how they affect each of us individually. We'll look at aging in other cultures and discover the secrets of some of the longest-lived people in the world. We'll learn ways to apply this knowledge in our own lives as we progress toward those "golden years." Filled with practical examples and exercises, the topics in this workshop are applicable to folks and caregivers of all ages.

**Monday, July 18<sup>th</sup>**

**11:15 am - 12:15 pm**

**Metro Board Room**

**\*RSVP Required\* Register at 541-5256**

