

Do you want to make the most of your life over 55?

WELL & WISE



Join us for this **FREE** program to consider:-

- WEEK 1 Feb 26th **Is my home affordable and safe?**
- WEEK 2 March 4th **Am I connected to my friends and community?**
- WEEK 3 March 11th **Can I maintain a healthy lifestyle?**
- WEEK 4 March 18th **Will my financial resources meet my lifetime needs?**
- WEEK 5 March 25th **Have I included end of life in my planning?**

WHEN: Wednesdays Feb 26th to March 25th 2020 1:00pm -2:30pm

WHERE: Goodnow Library Conference Room, 21 Concord Rd., Sudbury

PRE-REGISTRATION REQUIRED by Friday Feb 21st as space is limited

call MCDC (508) 658-0880 or Sudbury Board of Health Social Worker (978) 440-5476
or email info@strongcommunity.org

Sponsored by the Sudbury Foundation, Sudbury Board of Health Social Work Office,

The Cummings Foundation and the Foundation for MetroWest.

