



Leonia Senior Center **305 Beechwood Place, Leonia, NJ**

Holy Name and the borough of Leonia are partnering to provide health and wellness events for adults of all ages at the Leonia Senior Center.

Monthly events are held every third Monday. They will include health education on the following dates and topics:

June 19 | 11 am – 12 pm → Healthy Summer Eating Tips

This is the time of year when we have a wider variety of foods and herbs to explore, and an opportunity to recognize the importance of good nutrition. Learn helpful tips on nourishing your body with sustainable fuel.

July 17 | 11 am – 12 pm → What Supportive Care Services Are Available For You?

If you have pain and stress caused by an illness, please join us to learn about services available to you through our Supportive Care program. This session will highlight the importance of Advanced Care Planning for healthcare, which can be a gift to you and your family.

August 21 | 11 am – 12 pm → Let's De-stress & Meditate

Keep calm and refreshed - learn and practice some easy, proven stress management tools.

September 18 | 11 am – 12 pm → Important Home Health Care Information

Live within the comfort of your home with the help of care services you need to stay in place. Join us as we discuss the range of services we can offer you.

Holy Name and Leonia are collaborating to keep our community healthy, safe, and injury-free. Presenters will include registered nurse educators and certified diabetes educators.

There is *no cost* for these programs. Registration is *not required*. Walk-ins are welcome!

