



- Are you 50 or older?
- Curious about staying healthy?
- Want to meet new people?

Explore Ways to Maintain a Healthy Lifestyle in the WISE Program

WISE Program

Meet New People! • Learn Together! • Make New Friends!

The WISE educational program includes six lessons that cover a wide range of topics about health and wellness for older adults. Join us for this fun and engaging program. You'll meet new people and:

- Learn about the **aging process** and how to **make healthy lifestyle choices**
- Celebrate this **exciting stage of life** and all the **benefits** that come with it
- Discuss **risk factors and behaviors** you should avoid to stay healthy
- Examine **how alcohol, prescription medications and over-the-counter medications affect seniors differently** and how you can avoid problems
- Learn how to **use simple tools to help you feel more empowered** about your health and the healthcare you receive
- Receive **giveaways** for participating in the program

The WISE Program is
ENTIRELY FREE!

WISE is a great fit for your:
Senior Group • Congregation
Fitness Center • Community Center
Volunteer Group • Golf Club

To schedule the WISE Program
for your group, contact:

Angela Wehner, BSW

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Division of Mental
Health and Addiction

Funding provided by the State of Indiana Division of Mental Health and Addiction.