



**Are you 50 or older? Looking for an opportunity to learn how to stay healthy and meet new people?**

**Join us and bring a friend!**

# **WISE Program**

**Available as a Zoom Webinar!**

**Connect with New People • Make New Friends • Learn Together!**

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

**Book Your Group for WISE today! Contact:**

**Diana Iltzsche, M.Ed.**

*Older Adult Prevention Education Coordinator, Porter-Starke Services*

**219.476.4678 • [diltzsche@porterstarke.org](mailto:diltzsche@porterstarke.org)**



**Division of Mental Health and Addiction**

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