

# THRIVING THROUGH THE AGES **series**



A 6-week free program nurturing connection, comfort, and well-being.

**Wednesdays | Jan. 21 - Feb. 25**

**12:30-2:00 pm EST**

Wilmot Community Association

(Red Barn) 64 Village Rd, Wilmot

**Join us for engaging sessions with expert speakers and community resources.** Free lunch will be provided.

## Topics Include:

**Staying Connected:** Relationships, Purpose, and Social Engagement in Later Life.

**Safe, Strong, and Supported:**  
Preventing Falls and Thriving at Home.

**Plan with Purpose:** Living Trusts, Wills, and Getting Your Estate in Order.

**Fuel for Life:** Nutrition, Sleep, and Mental Wellness as You Age.

**Your Health, Your Way:** Understanding Hospice and Palliative Care Options.

**Improv for Caregivers:**  
Building Connection, Resilience, and Joy

**Registration  
Recommended!**

Email:  
[wca@wilmotwca.org](mailto:wca@wilmotwca.org)  
(subject: Thriving)

Or Call:  
**603-526-7934.**

More details available  
on our website:  
[wilmotwca.org](http://wilmotwca.org)



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