

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
(subject: Thriving)

Or Call:
603-526-7934.

**More details available
on our website:
wilmotwca.org**



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New London Hospital