



The Delaware County
Prevention Council is proud to
present:



WELLNESS INITIATIVE FOR SENIOR EDUCATION (WISE)

A **FREE** six-session Wellness Program for Older (60+) Adults

What You Will Learn

- Participants increased their knowledge regarding how their bodies age, how the aging process affects their ability to metabolize alcohol and medications, and how to recognize the early signs and symptoms of depression.
- Participants were more likely to improve health behaviors related to lifestyle choices, health care empowerment, and use of prescription and over-the-counter medications.

**Contact DCPC at 765-282-7988
for more information & to register**

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Dates:

6 Weekly Tuesdays
starting Nov. 14th

Time:

9:30am – 11:30am

Location:

Forest Park Senior
Center: 2517 W 8th St.

Cost:

FREE

SENIORS WHO
COMPLETED THE WISE
PROGRAM REPORTED
GREATER INCREASES
IN SOCIAL SUPPORT
OVER TIME

MUST COMPLETE 5
OR 6 SESSIONS TO
RECEIVE AN
INCENTIVE!

REGISTRATION MIN: 5
REGISTRATION MAX: 15



DELAWARE
County Prevention Council
Partners against substance abuse

