



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 will increase 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 will be 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