



"10 Keys"™ to Healthy Aging WORKSHOPS

ATTEND FREE Healthy Aging Education Workshops

Learn about the "10 Keys"™ to healthy aging and many **NO COST AND LOW COST PREVENTATIVE SERVICES** provided by Medicare to help keep you healthy.

5 CONSECUTIVE WEEKS

Mondays beginning January 9, 2017
9:30 AM - 11:30 AM

January 9, 16, 23, 30 | February 6
*Snow Date - February 20

at York Jewish Community Center
2000 Hollywood Drive York, PA 17403

REGISTER TODAY BY CALLING
717-843-0918

Please register by Friday, December 30, 2016.

Workshops are taught by Megan Craley,
York County Area Agency on Aging
Certified Health Ambassador
and APPRISE Counselors



Workshops Hosted By:
York Jewish Community Center and Jewish Family Services of York



York Jewish Community Center
www.YorkJCC.org | 717.843.0918



Jewish Family Services of York
www.JFSYork.org | 717.843.5011