

The Helping Seniors Wellness Series

at the Senior Reource Center of Brevard 1344 S Apollo Dr - 2nd Floor - Melbourne FL



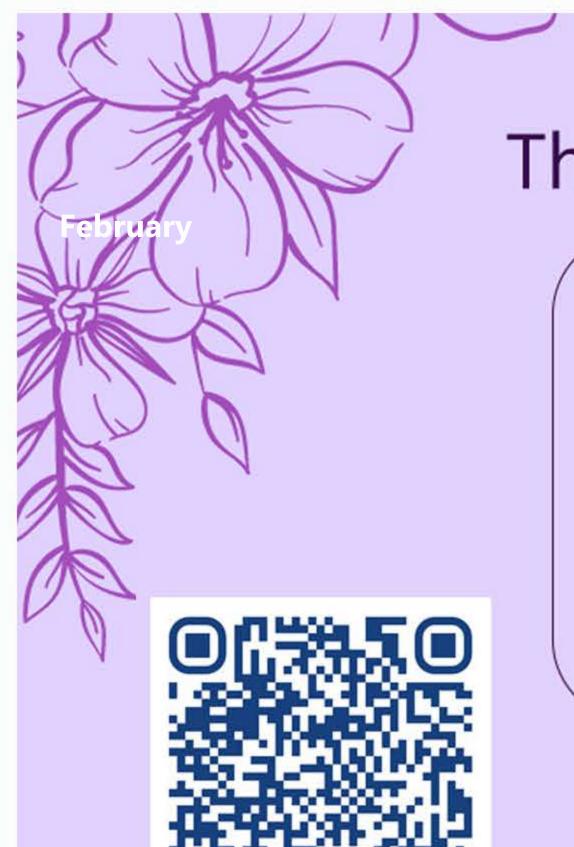
1100am-1230pm **Thursday**

Start Strong Let's Begin the New Year with Purpose and Great Steps Forward!





1100am-1230pm - Meet your Brevard Healthcare Team / Learn about local Senior-Care Resources / Enjoy Fun, Games, Info and Refreshments. Special Presentations – "Making a Healthy Change" – Special Tips, from our friends at CarePlus, designed to keep us on the right track in 2024 and "Fit & Staying Mobile Safely – An overview of steps you can take in 2024 to remain safe from falls and keeping your balance at top strength. Plus, Special Expert Panel & Demonstration – Eating Healthy in the New Year - Helping Seniors Executive Director Kerry Fink hosts a select panel of providers at the Senior Resource Center of Brevard.



Call 321-473-7770

or Scan to RSVP

It's a New Year!

The Helping Seniors Wellness Series

START SMART!

Special Presentation: Making a Healthy Change Special Presentation: Advances in Memory Care plus

Dementia Live! Simulation



Presented by:



Free Senior Education Event 1100am-1230pm - Thursday - January 25th 2023



4th Thursday - Helping Seniors Wellness Series

1100am-1230pm - Thursday - February 24th - "Heart Smart" 1100am-1230pm - Thursday - March 28th - "No (Broken!) Bones About It"

The Senior Resource Center of Brevard 1344 S Apollo Blvd - 2nd Floor Melbourne FL 32901

(321) 473-7770 to RSVP





Presented in cooperation with:







A Senior Resource Center of Brevard Learning Event

HelpingSeniorsofBrevard.org