



The Helping Seniors Wellness Series

at the Senior Resource 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.

February

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:
CarePlus
HEALTH PLANS
OMNI
HEALTHCARE



Let's Get Our Ducks in a Row!



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



Call 321-473-7770
or Scan to RSVP

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