



*Celebrating healthy aging and educating older adults*



 County of Delaware Services for the Aging  
Health & Wellness Program



**Yeadon Public Library**

**Are you 60 or older and WISE? Want to learn how to stay healthy and meet new people? Join the **Yeadon Public Library** and **COSA** on-line for an award winning experience!**

**WISE** (Wellness Initiative for Senior Education) is an award winning program that's been proven to make a difference in the lives of those who attend. Six interactive sessions cover a wide range of topics to inform and empower you. Join with a friend for the fun and discussions. Meet new people and:

- **Celebrate this exciting stage of life**
- **Learn strategies for healthy living**
- **Manage stress and feel more confident and in control of your life**
- **Examine how to manage medications and avoid problems**
- **Learn simple tools to empower you about your health and your healthcare**

*Don't miss out. Join WISE for the sharing, the fun, and the interactive experience with others. You will be glad you did. Space is limited so register today!*

**Dates/Times: Tuesdays at 1:00 p.m. from November 17<sup>th</sup> through December 22<sup>nd</sup>.**

**To Register: Contact Ellen Williams, COSA Health and Wellness Program at [williamse@co.delaware.pa.us](mailto:williamse@co.delaware.pa.us) or call (610) 499-1937**



**pennsylvania**  
DEPARTMENT OF AGING