

2022 Lunch & Learn (updated 2/23/2022)

**PLEASE JOIN US FOR OUR *NEW LUNCH AND LEARN SERIES STARTING IN 2022!
LEARN ABOUT YOUR HEALTH AND OTHER ISSUES, SOCIALIZE WITH FRIENDS, AND ENJOY A CATERED
LUNCH!**

**January 19	Protecting Yourself from Medicare Fraud	Senior Medicare Patrol NJ
**February 16	Having Chest Pain- is it really a heart attack	Hackensack Meridian Health
March 16	Legal planning	Tina M. James, Esq
April 6	Hypertension and You	Hackensack Meridian Health
April 20	Brain Health	Rutgers
May 18 (10am)	Health Screenings (BP, Chol, BMI, pulse, stroke assessment)	Hackensack Meridian Health
June 15	Emergency Services – Police	Chief Darren LaVigne
<u>6-part Series</u>	<u>sponsored by Wellspring Center for Prevention from July through December</u>	
July 20	Understanding the Changes Associated with Aging	Wellspring Center for Prevention
August 17	Aging Sensitivity	Wellspring Center for Prevention
September 21	Valuing Cultural and Generational Diversity	Wellspring Center for Prevention
October 19	Medication and the Older Adult	Wellspring Center for Prevention
November 16	Substance Misuse, Addiction and the Older Adult	Wellspring Center for Prevention
December 21	An Enhanced Quality of Life	Wellspring Center for Prevention

PRESENTATIONS WILL TAKE PLACE AT THE SENIOR CENTER ON THE 3RD WEDNESDAY OF EACH MONTH COMMENCING AT 12NOON. IF YOU ARE INTERESTED IN ATTENDING, PLEASE REGISTER EACH MONTH BY CALLING 732-525-5960.

****CANCELLED DUE TO COVID**