

2023 Lunch & Learn *(updated 2/10/2023)*

**PLEASE JOIN US FOR OUR LUNCH AND LEARN PRESENTATIONS
LEARN ABOUT YOUR HEALTH AND OTHER ISSUES, SOCIALIZE WITH FRIENDS,
AND ENJOY A CATERED LUNCH!**

January 18	Stroke Awareness	Hackensack Meridian Health Laura Lella-Smith
February 15	Emotional Wellness	Rutgers Lundqumc@rbhc
March 15	Emergency Services	Mark Herdman – OEM
April 19	Medicare	Senior Med Patrol Project Charles Clarkson
May 17	AARP – Scam Presentation	AARP Richard Sodon
June 21	Lessons from Celebrity Estates	Tina James, Esq
July 19		
August 16		
September 20		
October 18	<i>Take Control of Your Health: Know Your Risk (Discussion on the importance of Cancer Education & Early Detection/Cancer Awareness)</i>	<i>Middlesex County Office of Health</i>
November 15	Hidden Risks: Avoiding Common Estate Planning Mistakes	Tina James, Esq
December 20	<i>Healthy Holiday Eating.</i>	Middlesex County Office of Health

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.