

2024 Lunch & Learn *(updated 11/28/2023)*

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

February 21	The Heart	Rutgers - Edna Pilch
March 20	Healthy Eating	Twyla Paige (Middlesex County)
April 17	Scam Landscape – Staying Safe	AARP-Richard Sodon
May 15	TBD	Tina James, Esq
June 19	Pre-diabetes	HMH – Laura Lella-Smith
September 18	Healthcare Protection	Sr. Medicare Patrol
October 16	<i>Senior Fraud Watch</i>	<i>US Postal Inspection Svc – Darryl Williams Jr</i>
November 20	TBD	Tina James, Esq

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.