

Healthy Living Programs 2023 Fall Workshop Schedule

HELPING PEOPLE LEAD HEALTHIER LIVES

Minuteman is pleased to offer these FREE evidence-based Healthy Living programs to help individuals gain the confidence and motivation they need to better manage their health. Programs are open to adults of all ages.

CLASS NAME	CLASS DATE	CLASS LOCATION	REGISTRATION
<u>Matter of Balance</u>	Thursdays Sept. 21st - Nov. 9th 1:30 pm - 3:30 pm	LEXINGTON Community Center 34 Marrett Road Lexington, MA	Contact: Kelsey Rollins (781) 698-4844 krollins@lexingtonma.gov
<u>Powerful Tools for Caregivers</u>	Tuesdays Oct. 3rd - 24th Nov. 7th - 14th (no class Oct. 31st) 1:00 pm – 2:30 pm	WILMINGTON Buzzell Senior Center 15 School Street Wilmington, MA	Contact: Laura Pickett (978) 657-7505 lpickett@wilmingtonma.gov

For more information on our Healthy Living Programs, contact us at 781-221-7095

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Minuteman
SENIOR SERVICES



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about Minuteman Senior Services,
visit www.minutemansenior.org
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