



Wellness Initiative for Senior Education

Tuesdays, 11:00am – 12:30pm
June 9 – July 21, 2026

The WISE program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

Participants will receive helpful wellness tools such as pill organizers, medication lock boxes, and disposal bags. Light refreshments will be provided.

Location

St. Johns Evangelical Church
211 E. Carrol Street
Kenton, OH

Program Highlights

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| June 9 | Understanding the Changes Associated with Aging |
| June 16 | Aging Sensitivity |
| June 23 | Valuing Cultural and Generational Diversity |
| July 7 | Medication and the Older Adult |
| July 14 | Substance Abuse, Addiction, and Older Adults |
| July 21 | An Enhanced Quality of Life |



Register Now to Learn!

Join us to gain knowledge, confidence, and tools to support your health, independence, and quality of life – at every stage of aging.

Call: Jane at:
419-673-7278 to register

