

From the **Getting to Know Your Community** series...

# Supporting Healthy Aging

Attend this free session to learn more about the local services and programs available for you & your loved ones as we age.

**Tuesday, May 2, 2023**  
**In-Person or Online!**

Repeated sessions held at 11AM and 1PM at NTC-Medford Campus.  
Free lunch served at noon.

***RSVPs requested online at***  
***<http://bit.ly/3o8VeFk> or to 715-748-1420.***



Brought to you by Commission on Aging, Health Dept., Aspirus Medford, ADRC, Human Services, Stepping Stones, Extension Taylor County, Northcentral Technical College, & other community partners. Funded generously through WI DHS and Aspirus Medford Community Benefit.



Help shape future **Getting to Know Your Community** sessions!

What do you want to know more about? Power of attorney, dementia care, falls prevention, avoiding scammers, internet safety, mental health, reducing social isolation, end of life planning, or are there any other ideas we may have missed? Give us a call at 715-748-1499!

*Thank You*