

Pandemic Living Senior Program



Pandemic Living 50+ Coping & Conversation



4 Week Conversational Series

About sharing experience, tips and strategies to improve our health and wellness, and becoming more resilient, even during a pandemic.

Join us on
Wednesday afternoons
2:30 – 4:00 p.m.

May 19, 26, June 2, 9
by phone or video

Supporting each other through **conversation and information sharing**.
Open to **anyone 50 years of age & up** interested in improving wellness.

Call to register for the Zoom group.

Essex County Nurse
Practitioner-Led Clinic
519-776-6856

Life After Fifty
519-254-1108
Ext 115