



*Celebrating healthy aging and educating older adults*

**Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us and bring a friend!**

The educational program offers six lessons that cover a wide range of topics.  
Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid, to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

**Mondays 11-1 pm, Feb. 9 to March 16, 2026**

**Location: Golden Park Apts. Community Room, Liberty**

**Free giveaways for  
participating in the program!**

**To Register: <https://tinyurl.com/5n6mtpy4>  
Or click on the QR Code below**



**Questions? call us at (845) 292-6180 x 122  
Or email: [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu)**



**Cornell Cooperative Extension | Sullivan County**

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