



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

**When: Weekly on Mondays from 11-1 pm
Sept. 14 - Oct. 26, 2026**

(No class on Oct. 12)

Where: 64 Ferndale-Loomis Road, Liberty

Free lunch and 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 ext. 122
Or email: sullivancsrc@cornell.edu**



Cornell Cooperative Extension | Sullivan County

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