



**Are you 55 or older and looking for an opportunity to learn how to stay healthy and meet new people?**

***Join us, and bring a friend!***

**Area Office on Aging Kinship Navigator Program  
at Margaret Hunt Senior Center  
1339 South Byrne Rd., Unit 28A, Toledo, OH**

**Tuesdays & Thursdays, 9:30 am – 11:30 am  
April 7, 9, 14, 16, 21, 23, 2026**

**Sign up by March 31st**

**with Rhea Dawson: 419-490-2942 or Jacia Gibson: 419-725-6900**

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 seniors 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

**Free \$50 Kroger gift card upon successful program completion!** (First-time participants only)



**WISE**  
Wellness Initiative for Senior Education

For more information

email: [HarborPrevention@harbor.org](mailto:HarborPrevention@harbor.org)

**Harbor**

Mental Health & Recovery Services Board of Lucas County