



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
October 6, 8, 13, 15, 20, 22, 2026**

Sign up by September 30, 2026

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

The educational program offers seven 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!



**For more
information**

email: HarborPrevention@harbor.org

