

Starting February 12, 2009- Register Now!

Healthy Living for Older Adults

***The Heilbrunn Academic Nursing Center
at Long Island University***

***invites you to participate in a free 10 week
program of healthy living activities***

Including:

Health assessments

Stress reduction activities

Low intensity exercise

Healthy eating

Snacks included

***Groups will meet every Thursday from either
9:30am-11:00am or 12:00pm-2:30pm***

***Participants will receive a free tote bag filled
with goodies to promote healthy living.***

***Contact the Nursing Center for more
information - 718-488-1281***

Generously supported by a grant from the Aetna Foundation