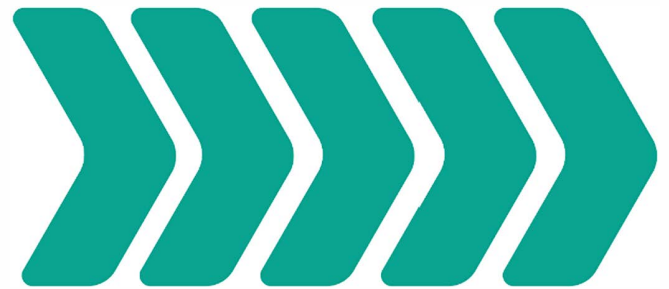




Wellness Wednesdays with Wellspring & Metuchen CARES



Upcoming Topics:

- **CHAMPS: Choosing Healthy Alternatives to Managing Pain**
September 20, 10:30am-12pm
- **Senior Jeopardy: Maintaining a Healthy Mind |** October 18 ,10:30am-12pm
- **Prescription Drugs and the Older Adult |** November 15, 10am-12pm

*Programs will include lunch provided by Metuchen CARES

*Registration is required

*Email brenda.wernewskei@ymcaofmews.org for more info



**Metuchen
CARES**

Community • Action • Recovery • Education • Support



CENTER FOR PREVENTION

Promoting Healthy Living Through Education, Training & Advocacy