

Older Adult Lecture Series

Join the Elizabeth Public Library in partnership with Lifelong Elizabeth for our Older Adult Lecture Series! Come and learn about topics that matter to you!

*Coffee and light refreshments will be provided.

For more information,
908-352-8375
cherrera@jfscentralnj.org

WHERE:

Elizabeth Public Library 11 South
Broad Street

TIME

10:30AM

DATES

January 8

**Caregiver Stress: Tips for Taking
Care of Yourself**

Alice Greenberg-Sheedy, LCSW,
CDP, Jewish Family Service of
Central NJ

February 12

**Yoga in the Chair, Do It for
Self Care!**

Alyssa Reiner, LSW, Jewish
Family Service of Central NJ

March 12

Financial Basics for 50+
Theresa Fitsch, AARP

April 9

Nutrition for a Healthy Brain
Corey Wu-Jung, MS, RD,
Shaping Elizabeth

