

# 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](mailto:cherrera@jfscentralnj.org)

## WHERE:

Elizabeth Public Library  
11 South Broad Street

TIME  
10:00AM

## DATES

February 12

Yoga in the Chair, Do It for Self Care!

Alyssa Reiner, MSW, 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

