

Hopewell Valley Senior Services presents...

Staying Active in Retirement

Presented by: Dr. Marc Chianese, Your Health Now



Tuesday, December 13, 2016
6:30pm to 8:00pm

**Pennington Public Library,
30 N. Main Street, Pennington**

Retired life is the goal for just about everyone in the workforce. Once achieved, there is newly free time, hobbies, traveling, and all around enjoyment. The new goal is to take advantage of every opportunity that presents itself and live this new, long awaited life, to the fullest. Too often it is the health of the individual that is the last thing to make the 'to do list'. How can we make sure our health is where it needs to be, now that there is the time to devote to it? What are the specific issues that need to be addressed to ensure a stress free life, now that the 9-5 grind is in the past? Join Dr. Marc from Your Health Now LLC in a discussion on how to optimize your health and the quality of life in the years to come!

Refreshments will be served. Space is limited. **Registration required by contacting Hopewell Valley Senior Services at (609) 737-0605 x668.**

This program is part of a Baby Boomer Series, but is open to all ages!