



Preparing for Winter... Tips for Seniors to Stay Safe

Attend this **FREE** Workshop
**Learn valuable
tools you can use to
be ready for
winter's worst!**

Tuesday, October 11, 2011

1:00pm

Nashua Senior Activity Center, 70 Temple St.

Presented by: **Patty Crooker**, Regional Public Health Preparedness
Coordinator, Nashua Dept. of Public Health and Community Services

Workshop registration is suggested

Call Beth at 889-3440 x629 to reserve your space

Come early and enjoy lunch offered by St. Joseph Community Services in the cafeteria of the Senior Activity Center. A \$2 donation is requested for diners age 60 and older; the price is slightly higher for those under age 60. Pre-register for lunch by calling Steve at (603) 882-2106. Lunch is served from 11:45am-12:45pm



One of a monthly series of workshops designed to provide area residents with information on resources available as they age in our community. The workshops are an outreach program of Seniors Count-Nashua with additional support from:

**@Nashua
Public Library**

**Senior
ACTIVITY CENTER**

**ServiceLink
Resource Center**
Connectors for independent living and healthy aging

New Hampshire Department of
HEALTH AND HUMAN SERVICES
Bureau of Elderly and Adult Services

SNHS
Helping People. Changing Lives.