

SAVE THE DATES!

Please join us at upcoming meetings featuring engaging presentations by the Ocean County Health Department.



WHERE:

Engel H. Sprague Senior Complex
239 11th St., Barnegat, NJ 08005



WHEN:

- **August 30th, 12:15pm**
 - *"Stress Happens" - the impact of stress, ways to deal with stress, and how to overcome anxious tendencies*
- **October 23rd, 12:15pm**
 - *"Memory Loss, Dementia, and Alzheimer's Disease" - differences in memory changes that come with age*
- **October 30th, 12:15pm**
 - *"Seasonal Illness Trends" - symptoms and prevention for current communicable diseases that are "going around"*
- **November 29th, 12:15pm**
 - *"Eating Healthy on a Budget" - shop and eat healthy by planning ahead*



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