



FINDING WELLNESS

Series 2:

ORGAN SYSTEMS AND YOUR HEALTH

This four week class series explores your health and well-being as it relates to your brain, heart, liver and gut. In this fun and interactive class, you will learn tips and tricks on how to maintain a healthy lifestyle from a nutritional, physical and emotional perspective.

Kenneth Aitken Senior Center
17800 Redwood Rd. Castro Valley
WEDNESDAYS from 2:00 pm – 3:00 pm

February 7th February 21st
February 14th February 28th

Fee: Free. Must be 60+ to attend. No other prerequisites apply.

This program is sponsored by The Senior Support Program of the Tri-Valley, a non-profit organization that has been providing senior services in the Tri-Valley since 1981.

Funding provided by Alameda County Behavioral Health Services
