



VETERANS WELLNESS PROGRAM

For Veterans and their Spouses Age 64+



6-WEEK PROGRAM



\$25 GIFT CARD

FREE LUNCH

Learn tips for making healthy lifestyle choices to help you live your best life in your golden years.



American Legion Branchville (Post 157)

325 US-206, Branchville, NJ



Starts on Wednesday, January 15, continues weekly on 1/22, 1/29, 2/5, 2/12, and ends on February 19.

12 pm - 2 pm

Contact Vanessa for more information and to reserve a spot by January 10.



vanessam@centerforprevention.org



908-747-1167

Receive a \$25 gift card for attending 5 or more session

WISE for Vets is offered through a partnership with NJPN made possible through a grant funded by the Division of Mental Health and Addiction Services (DMHAS)

