

FREE WORKSHOP: WELLNESS, HEALTH & HAPPINESS AS WE AGE



LEARN ABOUT TRUE HEALTH AS WE AGE!

Join Dr. Kristi Saunders, Hospice Medical Director from Pemi-Baker Hospice & Home Health to explore how true health goes beyond the absence of illness to include physical, mental, and spiritual well-being.

AN OPEN Q&A SESSION TO FOLLOW:

- Engage in meaningful discussions about aging, wellness, and living a joyful life.



WORKSHOP DETAILS

MARCH 3RD, 2025 TIME **12:30–1:30 PM**

AT LINWOOD AREA SENIOR SERVICES, 194 POLLARD ROAD, LINCOLN

QUESTIONS? 603-536-2232 www.pbhha.org

