

PRESS RELEASE

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861-5301
09 January, 2019

CAPE ASSIST TO HOLD PROGRAM IN WOODBINE

Woodbine—Mayor William Pikolycky is pleased to announce that Cape Assist will sponsor six classes designed to teach those 51 years and older to become healthy and stay that way as they age.

Sessions will be held at the Woodbine Community Center located at 812 Longfellow Street, Woodbine, NJ.

The sessions are scheduled for Wednesday February 6, February 13, February 20, February 27, March 6, and March 13. Classes will run from 11:30 am to 1 pm. Lunch will be provided. All those completing the six sessions will receive a \$50 gift card at the end of the program.

Funded by a grant from The Horizon Foundation for New Jersey, the Wellness Education program classes will cover a variety of topics including: making healthy lifestyle choices; factors and behaviors to avoid in order to stay healthy; safe practices regarding alcohol, prescription, and over-the-counter medications; simple tools to take charge of your own healthcare and navigate the healthcare system.

The goal of these Wellness Education Workshops, also known as WISE, is to extend good physical and mental health and to prevent or delay out-of-home placement for older adults.

PRE-REGISTRATION IS REQUIRED as seating is limited. To register email callattagoosby1@gmail.com. Any questions please call Lisa Pilli at 609-522-5960 or email her at lisa@capeassist.org.

"I encourage all those over the age of 51 to take part in this free educational program to enhance their personal healthcare goals," added Mayor Pikolycky. "Remember all those completing all six sessions will be receiving a gift card."