

PRESS RELEASE

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June 10, 2013

CAPE ASSIST TO HOST "WISE" WELLNESS PROGRAM SENIOR SERIES AT WOODBINE COMMUNITY CENTER

Woodbine—Mayor William Pikolycky is pleased to announce that Cape Assist will be hosting a six-week seminar series for adults aged 51 and above at the Woodbine Community Center, 812 Longfellow Avenue, Woodbine.

The six sessions cover a wide range of topics in a fun setting:

- Making healthy lifestyle choices
- Factors and behaviors you should avoid to stay healthy
- Safe practices regarding alcohol, prescription, and over-the-counter medications
- Simple tools to take charge of your own healthcare
- How to make daily tasks easier

The program will be held from noon to 2 on June 26, July 3, July 10, July 17, July 24, and July 31, 2013.

"I urge all our age-eligible Seniors—whether you attended the previous program series or not—as well as those in the surrounding communities to take advantage of joining us in another fun, free, educational opportunity a", urged Mayor Pikolycky. "I thank Cape Assist for providing yet another fine program here in Woodbine."

Lunch is provided and those completing the program will receive a \$50 gift card. Space is limited so pre-registration is required. Call Temerity Berry at 522-5960 or email her at temerity@capeassist.com.