

Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series
Please join us for a special zoom presentation!



Topic: “Winter Wellness”
Speaker: Monica Townsend, Training Specialist
COPSA Institute
Rutgers University
Date: Wednesday, December 16th
Time: 11:00 am

This is a virtual presentation utilizing the Zoom Web Conferencing platform. You may participate by internet-connected computer or mobile device such as tablet computer or smart phone.

Pre-registration is required to receive invitation email, meeting login credentials and any further instructions. Please email your registration request and include your name, phone number, email address and presentation name to: elangeveld@co.hunterdon.nj.us

This virtual presentation is free of charge and open to Hunterdon County residents age 60 and over who are enrolled members of the Hunterdon County Division of Senior, Disabilities & Veterans Services.