



Town of Hempstead Senior Education Series

Informative
Discussions
from



Northwell
HealthSM

Created with Your Health in Mind!

Northwell Health *in partnership with the*
Town of Hempstead Department of Senior Enrichment
serving thousands of residents each year.



Learn about:

- Four Ways to Save a **LIFE**
- Fall Prevention
- Healthy Eating Habits
- Medicine Disposal
- Anxiety & Depression



Elmont Senior Center
138 Elmont Road
Elmont, NY 11003

Bellmore Senior Center
2000 Bellmore Avenue
Bellmore, NY 11710

Salisbury Senior Center
460 Salisbury Park Drive
Westbury, NY 11590

For dates, times & more information:

**<https://hempsteadny.gov/senior-enrichment/senior-centers>
events@tohmail.org**

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