



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



For dates, times & more information:

(516) 874-8548

or

(516) 465-3261

events@tohmail.org

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