

Take Control of Your Health!



Free Online Health Series

Every Tuesday and Thursday

June 8—June 29

1:30– 3:00p.m.

First session starts June 8th



Session topics include:

- Healthy Eating
- Medicines
- Emergencies
- Preventing Disease
- Advance Medical Directives
- Mental Health

Chance to win a gift card
every session and other
great giveaways!

Register online at www.yorkcounty.gov/parksandrec
or call the Senior Center of York at 890-3444 by June 4



In partnership with the
Alzheimer's Association
Southeastern Virginia

