

AGING WISELY



ENJOY FREE

- Healthy Snacks
- Great Resources
- Social Connections

The Prevention Team
173 Lord Howe Street
Ticonderoga, NY 12883
518-585-7424
Preventionteam.org



Office of Addiction
Services and Supports

OASAS. Every Step of the Way.



Are you 55 or older?
**Come and join us for a 6- week
class series.**

TOPICS

Aging with Power &
Knowledge

Enhancing Your Quality
of Life

Tackling Difficult
Emotions

Strategies for Maintaining a
Healthy Lifestyle

WHEN:

April 2nd, 8th, 16th, 30th,
May 7th, 14th, 2025

WHERE:

Lake Placid Library
2471 Main Street
Lake Placid, 12946
518- 523-3200

TIME:

10:00 AM- 12:00 PM
Complementary lunch

CONTACT:

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