



KEYS TO EMBRACING AGING

Join us for a workshop
presented at:

Location: Polkton
Township Hall
6900 Arthur St W.
Coopersville, MI 49404

Date: March 21, 2019

Time: 11:30– 12:30 PM

Cost: FREE

For more information
contact:

Four Pointes
616-842-9210
jessie@fourpointes.org

Keys to Embracing Aging is a program developed by: K-STATE Research and Extension; University of Kentucky College of Agriculture & University of Arkansas System Division of

KEYS TO EMBRACING AGING



We're all aging — but whether we do so gracefully is up to us! Join your local MSU Extension office to learn 12 keys that can help you grow old successfully and with increased longevity. No matter your age, you can take steps now to age well into the future.

If you would like to order a healthy boxed lunch to enjoy during this presentation, please contact Four Pointes at 616-842-9210 to place a reservation.

Lunch reservation deadline is Monday, March 18th at 3pm.

Boxed Lunches are \$3.50 paid at the door.

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