



**As part of their Healthy Community Workshop series, this coming Monday, October 16<sup>th</sup> from 7:00 to 8:30 pm, the YWCA of Bergen County, in partnership with At Home Companions, will be sponsoring a FREE Senior Safety Night.** The Senior Health and Wellness event will be held at YWCA Bergen County, 112 Oak Street, Ridgewood, NJ.

The workshop will focus on practical advice for senior adults on keeping themselves, their online information, and their finances safe and secure. Topics featured include Elder Abuse, Online Safety, and Reverse Mortgages.

**For more information and to pre-register, call Membership at 201-444-5600 ext. 400.**

Attached is a promotional flyer. There isn't much time but please network the availability of this workshop to your personal and professional contacts, particularly senior adults who would benefit from this important safety information.

The Healthy Community Workshop Series, held monthly at the YWCA Bergen County, provides "Y" members and non-members the opportunity to attend evening presentations and workshops that promote healthy communities. **On Monday, November 13<sup>th</sup>, a "Diabetes Facts" workshop will be held. SAVE THE DATE!**