

# Senior Wellness Initiative



- *For Seniors 60 yrs +*
- *To improve physical & mental health*
- *To increase socialization and prevent isolation*
- *To learn new skills to improve quality of life*
- *To learn how to protect oneself from fraud*

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- 1) JADE — an 8-week program designed to help seniors problem-solve, and to increase social and physical activities
- 2) Expanded CHI services for seniors — peer facilitated activities for seniors in a group setting
- 3) Elder Abuse Prevention Presentations — presentations by speakers from Adult Protective Services (and similar agencies) to inform seniors how to protect themselves from fraud, scams, and physical, emotional, and financial abuse

*Funded by:*