

Your Health Connection

Join us for exciting presentations by two healthcare experts. Each program is engaging, informative, and audience members will have the chance to ask questions. Breakfast will be provided.

**Registration is required by calling the
Neptune Beach Senior Activity Center at (904) 270-1688.**

Thursday, August 24 at 8:30am
Breakfast provided - registration required

“What is Palliative Care?”

People living with a serious illness who aren't yet ready for hospice care but need to find relief from their pain, symptoms and stress can benefit from palliative care. Learn more about palliative care services available in several area hospitals from **Mary Beth Ostroska, ARNP with Community Hospice & Palliative Care.**

“The Key Components of Healthy Aging”

There's no denying that with aging comes change. Learn the key components to healthy aging with **Rachel Weinstein, Coordinator of Community Engagement and Education for Baptist AgeWell Institute.**

Neptune Beach Senior Activity Center
2004 Forest Avenue
Neptune Beach, FL 32266

Presented by:



Changing
Health Care
for Good.