Hayes Senior Wellness Center

ADDRESSING THE NEEDS OF SENIORS AND BRIGHTENING THE GOLDEN YEARS

Helping you achieve your wellness goals

If You Were Born In September

Sapphire is your birthstone



Forget-me-not is your flower



Wellness lectures resume this month

Medication Brown Bag September 11th Heath Promotion September 17th Nutrition Awareness September 25th

(See calendar for details)

Eat a variety of foods daily



Special Events This Month

- * Town Hall Meeting September 19th
- ❖ Spirit of Washington Cruise September 20th
- ❖ Fall Prevention Program September 23rd
- ❖ Smart 911 Program September 30th



Health Screenings Brought to you by Howard University Hospital

Blood pressure screening every Tuesday as part of the health promotion lecture series

New Program Activities Starting This Fall !!!

Legal clinic

Spanish language lessons

Jewelry making lessons

*****Details to be announced

Campaign Smile A Healthy Mouth is Key to Good Health



If you need additional insurance to go to the dentist, join our Campaign Smile! We will guide you through the application process to get the insurance coverage you need. Look better and feel better!

For More Information Contact Sherrell Briscoe, Administration Assistant 202-727-0357





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