

Senior Education



Wear Your Heart on Your Plate

February 14th at 10:30 a.m.

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Research shows that eating well and being active can make a significant difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition and fitness. Join Chelsea O'Brien, RDN as she discusses healthy nutrition for older adults.

H2O is the way to go!

April 11th at 10:30 a.m.

Dehydration is ranked in the top ten most frequent reasons for Medicare hospitalizations with the average cost nearly three thousand dollars. Learn how to recognize the signs of dehydration, what it means to your health and tips how to avoid it.

Scams with the OPD

June 13th at 10:30 a.m.

Scams seem to be ever evolving, although the objective is always the same. The Osceola Police Department will talk about the current trends in scams, the tactics used and the best way for you to stay protected.

Free to the public!

Wednesdays

February 14, 2018

April 11, 2018

June 13, 2018

10:30 a.m.

Wild River Fitness

MyWRF.org



**Healthy
Treats to
follow!**

Wild River

FITNESS

2630 65th Ave., Osceola, WI 54020 | phone: 715-294-2164 | MyWRF.org

 OMC