

WARREN COUNTY

# MUNCH & LEARN PROGRAM

LIVE UNITED



FREE EDUCATIONAL PRESENTATION FOR CAREGIVERS!

ATTEND SENIOR CITIZENS & DISABILITY AWARENESS DAY,  
LEARN ABOUT PROTECTING YOURSELF FROM SENIOR SCAMS AND  
PROMOTING BRAIN HEALTH: THE BRAIN/BODY CONNECTION

United Way of Northern New Jersey *Caregivers Coalition* and the Warren County Division of Aging & Disability Services invite you to *two* free educational presentations at the annual Senior Citizens & Disability Awareness Day. - **Protecting Yourself from Senior Scams** presented by Melanie Hazim of the Division of Consumer Affairs in New Jersey is an expert in the field of senior scams and will leave time for Q&A.

- **Promoting Brain Health: The Brain/Body Connection** presented by Amy Matthews of Engaging Alzheimer's LLC will share tips on healthy aging to minimize risk factors for Alzheimer's and related dementia disorders. While there is no direct prevention of Alzheimer's Disease there are many things we can do to promote healthy aging. This program will discuss normal, age-related changes, risk factors for Alzheimer's and related dementia disorders and things we can do to minimize risk factors and promote healthy aging.

**DATE & TIME:** Monday, July 30<sup>th</sup>

**Amy Matthews** from 11:30am – 12:30pm

**Melanie Hazim** from 1:00PM – 2:00PM

Light snacks will be provided.

## LOCATION

Warren County Farmer's Fair (Main Dance Floor Pavilion)

County Route 519, Harmony, NJ [CLICK HERE](#) for directions

## WE HOPE TO SEE YOU THERE!

Admission to the Fair is free with your Medicare card. While registration for these presentations is not required, it is suggested. Contact Robin Ennis, by email at [Robin.Ennis@UnitedWayNNJ.org](mailto:Robin.Ennis@UnitedWayNNJ.org) or call 973.993.1160, x305.



Special thanks to the County of Warren and the Warren County Department of Human Services, Division of Aging & Disability Services for hosting this event with United Way *Caregivers Coalition*.



United Way fights for the health, education, and financial stability of every person in every community.  
Volunteer or donate at [UnitedWayNNJ.org/Health](http://UnitedWayNNJ.org/Health)



United Way  
of Northern New Jersey