



Wise Up

Living

2nd Friday of every month • 9:30 am to 11:00 am

Lake Havasu Senior Center

450 Acoma Blvd S, Lake Havasu City, AZ 86406

ALL AGES ARE WELCOME

2020 Agenda

January 10 Don't Go There! Abuse Awareness & Prevention	July 10 Avoid the Traps! Know the Local Resources of Seniors
February 14 Don't Fall for the Free LUNCH! Mindful Consumerism	August 14 Pills Skills Medication Awareness
March 13 Put Yourself in Another's Shoes Empathy	September 11 A Spill, a Slip, a Hospital Trip! Reduce Your Risk of Falling
April 10 Safety is No Accident! Environmental Safety at Home	October 9 We is Better Than Me! Building Strong Connections & Relationships
May 8 Be Prepared! Advance Directives	November 13 Step Up to the Plate! Eat Right
June 12 Dollars & Sense Common Sense Ways to Avoid Financial Exploitation	December 11 Good Grief! It's the Holidays - Healthy Grieving

W.E.A.A. Mission Statement:

*Raising awareness of dangers in our community and promoting the safety,
security, health and well-being of our seniors.*

Watch for more information on each session and topic.

www.havasucommunityhealth.org

928-453-8190