



ALLIANCE THRIVE OVER 55



JOIN US!

Lesson 1: Healthy Aging

Lesson 2: Understanding Risks


Lesson 3: Embracing Diversity & Combating Ageism

Participant activity books provided, and a craft activity will be paired with each lesson!

DETAILS:

 **Tuesdays**
June 10th, 17th, 24th

 **1:30-3:00pm**

 **28413 Abbey Ln.,
New Hudson, MI 48165
Hosted in the Theatre**

The Alliance Thrive Over 55 program is a **free** 3 week program that provides tools for navigating issues often faced by older adults. The program promotes creating a balanced lifestyle by addressing issues such as: changes in the body, managing prescriptions and coping with stress. Participants learn to recognize signs of depression, anxiety, isolation and loneliness, and gain insights into behaviors linked to substance misuse. The program also hosts sessions on combating ageism and promoting diversity, empowering seniors to challenge stereotypes and foster inclusive communities.



For more information on how to sign up,
please call 248-437-6550 or contact
activities@abbeyparkatmillriver.com

Federal, State and/or County Funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs.