



Passport to the Future
STRONG BODIES....STRONG MINDS

Think positive, eat well, be active and stay strong. Join us for an evening filled with health and wellness.

THURSDAY, May 23 , 2013

5:30p.m.— 7:30 p.m.

**Medford City Hall, City Hall Chambers
85 George P. Hassett Drive, Medford**

Sponsored by MEDFORD HEALTH MATTERS
through a grant from Mt. Auburn Hospital

All Programs are Free.

To Register: Call Mystic Valley Elder Services at (781) 324-7705 x161