



# Wonderful Wednesdays! Let Your Golden Years Shine Bright at the Cedar Grove Library

Take Time for Your Health on the 2nd Wednesday of the Month!

Wednesday May 8th 10:30-11:30am

### **Cultivating Wellness**

May is Mental Health Month! Depression affects over 7 million senior citizens each year. Come and learn how you can live your best life through positive psychology.

Wednesday June 12th 10:30-11:30

### **Better Brain Health**

What can you do to keep your brain in tip-top shape? What are some threats to brain health? Learn the differences between normal aging and disease processes on memory.

For More Information Contact Scott at:  
920-668-8686 ext. 530 [sparsons@cgbrockets.com](mailto:sparsons@cgbrockets.com)

Wednesday July 10th 10:30-11:30am

### **Senior Summer Safety**

How can you keep yourself healthy during the upcoming dog days of summer? We will look at the importance of hydration, sun and insect protection, food safety, and falls prevention.

Wednesday August 14th 10:30-11:30am

### **Healthy Cooking at Home**

Put down those cans of soup and frozen microwave meals! Join Chef Joe Ninneman as he whips up some delicious and nutritious options for simple cooking at home when it's only for 1 (or 2!).

**Cedar Grove Library: 131 W. Van Altena Ave.**