

SENIOR WELLNESS EDUCATION SERIES

The Senior Wellness Education Series is presented on the first Friday of each month at the Southold Town Human Resource Center in Mattituck. It is a series of topics specially targeted for older adults...their family, friends and caregivers and is presented in cooperation with South Oaks Hospital, the Mental Health Association in Suffolk County, the Town of Southold Human Services and Eastern Long Island Hospital. Funding is provided through a grant from the New York State Office of Mental Health. For additional information please call 298-4460.