



BREAKFAST
AND
LUNCH
PROVIDED

WISDOM FOR WELLNESS

ASCENSION ST. VINCENT MANOR AUDITORIUM
TUESDAY, SEPTEMBER 22, 2026
8:00AM - 1:00PM

Join Ascension St. Vincent Community Outreach and our community partners for a day of **learning, connection, and fellowship**—designed especially for adults *ages 59 and older*.

✦

INCLUDES TOPICS SUCH AS:

- Financial Scams
- Medication Management
- Sleep and Energy as We Age
- Building Brain-Healthy Habits
- Community Resources
- *Plus More!*

RSVP TODAY!

GINA.TOWNSEND@ASCENSION.ORG

CALL 812-485-5813

