

# SENIOR SNIPPETS

The Bluffton Parks Department will host Purdue Extension Health and Human Sciences Educator, Molly Hoag, as she presents these upcoming lessons.



## Senior Serenity: Managing a Stress-Less Mentality

September 23, 2024 at 2:00 PM  
Washington Park Pavillion, Bluffton

Aging can bring on new stressors with health concerns, financial burdens, losing independence and increasing isolation. All these things can have a negative effect on your overall mental health and wellbeing. This program will help you to identify stress and learn healthy ways to manage stress.

## Cooking for 1 or 2

September 30, 2024 at 2:00 PM  
Washington Park Pavillion, Bluffton

Do you get tired of eating leftovers for many days? Cooking for 1 or 2 people can be challenging, day in and day out. We will discuss how to meal plan, shop, and reduce recipes to make cooking for 1 or 2 easier and reduce food waste.



## Fall Prevention for All Ages

October 7, 2024 at 2:00 PM  
Washington Park Pavillion, Bluffton

Reducing your risk of falling can easily be done with some changes to your environment, habits, and physical wellbeing. You will learn what makes a person at higher risk for falling and easy strategies to prevent falls.

**CALL THE BLUFFTON PARKS DEPARTMENT AT 260-824-6069 TO SIGN UP!**