



SENIOR SNIPPETS

5 ESSENTIALS TO HEALTHY LIVING

All Programs Held At:
Washington Park Indoor Pavilion, 710 S. Mulberry St. Bluffton, IN, 46714.

APRIL 2026

HYDRATION FOR HEALTH

April 14, 2026, 2:00 PM

Healthy hydration is essential for our health. Learn how to make hydration a top health priority and sample flavor infused water.

SLEEP FOR HEALTH

April 21, 2026, 2:00 PM

This program covers the benefits of sleep, risks of poor sleep, stages of sleep, when to contact a healthcare provider, barriers to quality sleep and ways to improve sleep quality.

EATING FOR HEALTH

April 28, 2026, 2:00 PM

This program introduces the Mediterranean style eating pattern and you will take home recipes.

MAY 2026

NATURE FOR HEALTH

May 5, 2026, 2:00 PM

This program highlights the health benefits of spending time outdoors and gardening. Participants will learn simple ways nature and gardening can support nutrition and overall well-being.

PHYSICAL ACTIVITY FOR HEALTH

May 12, 2026, 2:00 PM

This program introduces the benefits of physical activity for health and independence. Participants will learn why movement is important throughout life, learn ways to stay active, and set a personal activity goal.

To register, please contact Bluffton Parks Department, 260-824-6069 or e-mail events@blufftonindiana.gov.

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