



2025 Wellness Wednesdays with FCHS

Healthy Aging Series



JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES
**NEW YEAR, NEW YOU: SETTING
 HEALTHY AGING GOALS**
 ON **WEDNESDAY JANUARY 29TH AT 12:30PM**
<https://go.rutgers.edu/3kfd7jb>



Click to register: <https://go.rutgers.edu/3kfd7jb>



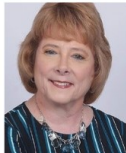
JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES
HEART HEALTH FOR A LONGER LIFE
 ON **WEDNESDAY FEBRUARY 26TH AT 12:30PM**
<https://go.rutgers.edu/d5brkk1d>



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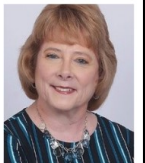
JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES
**NOURISHING YOUR BODY FOR
 ACTIVE AGING**
 ON **WEDNESDAY MARCH 26TH AT 12:30PM**
<https://go.rutgers.edu/u1ztzvz1>



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JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES
**MINDFUL MOVEMENT FOR
 AGING WELL**
 ON **WEDNESDAY APRIL 30TH AT 12:30PM**
<https://go.rutgers.edu/n4h5mmsj>



Click to register: <https://go.rutgers.edu/n4h5mmsj>

We offer onsite classes in Ocean County upon request.

For more information call Rutgers Cooperative of Ocean County at 732-349-1247.

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