



Live Stronger, Longer!

Americans are living longer !!

Regardless of your age, there are things you can do to adopt a healthier lifestyle



*May is Older Americans' Month,
National Women's Health Month,
& National Stroke Prevention Month*

Stephanie Paulmeno, MS, RN, C, NHA, a gerontologist & the Community Health Planner for the Town of Greenwich will present a program through **Generations** at **Greenwich Hospital** to discuss ways you can optimize your health & live stronger, longer!

Date: *May 11, 2005*

Time: *1:30 to 3:30 PM*

Place: *Noble Auditorium*

Greenwich Hospital

To register for this **free program** call (877) 838-4888