



Where Active Adults Meet to be Informed, Empowered, Inspired

**NEW
CLASSES!**

freehold
RACEWAY MALL

3710 U.S. 9, Freehold

**SCAN presents new workshops at
Freehold Raceway Mall.**

**FREE and open to the public.
Registration is REQUIRED**

**Call now to register:
732.542.1326**

WORKSHOP LOCATION: All workshops will be held in Meridian Community Resource Center located inside Freehold Mall on 1st Floor of Macy's Wing.

Lost & Found: A Life Changing Approach to Grief (F1000.1)

This workshop offers an alternative approach to the loss of a loved one, managing grief and moving forward. It is not a traditional support group. While acknowledging the pain of loss and knowing that the passage of time helps, we will challenge assumptions, identify the things we can control and create a plan of action that moves us forward. Dealing with emotions, physical signals, the business of life and creating our new normal we will find the light at the end of the tunnel.

Thursday 1:00PM-3:00PM

5/23/2019

Instructor: Beth Stamp

Managing The Maze for Caregivers (F1001.1)

Are you a Caregiver trying to navigate the maze of caregiving options? This presentation will give you a concise and comprehensive foundation of information about options of care, costs, funding sources and support services, as well as handy tips to assist and guide you through this journey.

Thursday 1:00PM-3:00PM

5/30/2019

Instructor: Tracy Wolfman

Turning Loneliness to Happiness (F1002.1)

This workshop will demonstrate the importance of maintaining friendships and social interactions as we age and how to turn loneliness into laughter.

Thursday 1:00PM-3:00PM

6/13/2019

Instructor: Pam Montemurno

Solo Agers & Their Assets (F1003.1)

Learn how to protect your assets and manage your finances when you are going it alone. There is a large population of aging Baby Boomers that don't have children or have children that live a great distance from them. This workshop will review the documents and steps needed to ensure you are protected, as well as ensuring that your wishes are respected and carried out as planned.

Wednesday 1:00PM-2:00PM

6/26/2019

Instructor: Siobhan Connolly

**These SCAN Workshops are held in conjunction with
United Way of Monmouth & Ocean Counties**

**SCAN is Located in Monmouth Mall, 180 Highway 35, Eatontown, NJ 07724
On Basement Level, Near Mall Management Office
Phone 732-542-1326 ~ Fax 732-389-9434 ~ Web www.scannj.com**