



**Women
Of
Wellness**

Wednesdays 1:00pm-2:00pm
At the North Cambridge Senior Center
2050 Mass Ave. Cambridge, MA 02140 617-349-6320
Ages 60+



WOW



Guest speakers
**Informative
discussions**
Peer support

**Join the fun and
meet new friends,
while learning
proper nutrition
and supporting a
healthy lifestyle.**

