



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

# Wellness Wednesdays!

**Robert Charles Golden Community Outreach Center**

**191 Joralemon Street, Brooklyn, NY 11201**

Join us for **FREE** information on healthy resources, tips and more.

**August 3: Session 1 at 10:30 AM, Session 2 at 2 PM**

***Summer Salads with Apples: Presented by Beacon Elder Care, Inc.***

“An apple a day keeps the doctor away.” There are over 23 different types of apples ranging from very tart to extremely sweet. In this interactive presentation, participants will incorporate up to 4 different types of apples into their salads so they can experience the healthy benefits of apples.

**To register: text your name and APPLE to Vicki at 347-831-3478.**

**August 17: Session 1 at 10:30 AM, Session 2 at 2 PM**

***The Early Signs of Alzheimer's and Dementia: Presented by Beacon Elder Care, Inc.***

This presentation will provide insight on early signs and symptoms, which can help you recognize Alzheimer's and/or dementia in a loved one.

**To register: text your name and LOVE to Vicki at 347-831-3478.**

Visit [www.ccbq.org/liveitup](http://www.ccbq.org/liveitup) for more information.