

Kennebunkport Public Health Department
A 75th Anniversary Event Program
June 29, 2022; at 9:30 AM
Louis T. Graves Memorial Public Library, Kennebunkport



Avoiding Isolation: Resources to Stay Engaged and Active!

Come join a panel of local professionals as they share local resources on how to stay active in your everyday lives!

Learn about: local support group resources, adult day trip opportunities, Senior Luncheons, fitness activities, mind engaging activities you can do right at home and more!

Attendees will receive informational materials and wellness activity bags to bring home.

Panel Members: York County Elder Abuse Task Force, Kennebunkport Public Health Staff, Kennebunkport Park and Recreation Staff, Louis T. Graves Memorial Public Library Staff

Reserve your seat by contacting:
Graves Library
967-2778