

West Milford's 1st Annual Road to Senior Resources



June 2nd - 11AM - 3PM - West Milford Recreation Center - 66 Cahill Cross Rd.

Learn about West Milford's extensive community health resources & recreational activities for seniors

FREE LUNCH - RAFFLES - DOOR PRIZES - FREE BLOOD PRESSURE SCREENING
LUNCH SERVED 11:30-12:00

- Home Care Options – Personal Care providers
 - New Vitality Atlantic Health
 - West Milford Physical Therapy
 - Susan Ahlers - Milford Manor
 - Dr. Nicole Torp – Chiropractor
 - Officer Casbarro - Scamming Alert
 - West Milford Fire Department
 - Senior Change Solutions - Applying for Medicaid
 - Lakeland Bank - Fraud & Banking
 - Candi Bright - Helping those with dementia/Alzheimer's
 - Highlands Family Success Center
 - AAA Road Safety- Roz Thomson
 - Red Cross
 - West Milford Pharmacy
 - Bald Eagle Commons
 - Michele Morando – Massage Therapist/Yoga
 - Bob Moshman, Esq.-Estate planning, elder law
 - Shop Rite Dietitian-Megan Scutti, RN
 - Elyse Schear- West Milford library
 - Golden Agers/Jet Setters
 - Camp Hope
 - Passaic County SPCA
 - Passaic County Department of Health - Certified Health Education Specialist; emergency preparedness, current health education/nutrition topics and blood pressure screenings
- And more.....

****Free informational packets and safety tools will be distributed**

Representatives from numerous organizations will speak to the community about resources for local and area residents.

Contact Marilyn Lichtenberg to pre-register and be entered to win a door prize 973-248-5427

Hosted by the West Milford Health Advisory Board and the Highlands Family Success Center