



In '23!

**Monday, January 23 ~ 10:30 a.m.-2:00 p.m.**

**Tickets are \$13 and go on sale Wednesday, January 4 at 12 Noon.**

**Discover 23 ways to positively enhance your cognitive, emotional, physical and social life. You'll get to eat from a nutritional salad bar, take part in fun, relaxing and engaging activities and even try karaoke. Walk away with tangible items that you can use throughout the year.**

**Can you identify some of the 23 ways to be revealed?**

**Come Celebrate You!**



**Seven Oaks Senior Center  
9210 Seven Courts Drive  
410-887-5192**

