

The Next Chapter

The Next Chapter is a social support and educational program that helps widows and widowers adjust to the loss of their loved one. Through this program, Tooele County Aging Services hopes to reinforce a sense of purpose and belonging in our community in those who are grieving. Join others each month that are on the same page as you and begin a new chapter in your life story. For more details or to ask questions, please call Sarah at 435-277-2440.

Thursday, January 11th
11:00 to 12:00
Tooele Senior Center
Conference Room
59 E. Vine Street, Tooele

Welcome the New Year

Join us for a round table discussion about grief experiences and ways to build resiliency in the new year with a licensed clinical therapist.

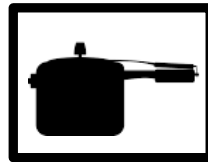


Thursday, February 1st
11:30 - 1:00 pm

Tooele County Health Dept. Bldg.
Utah State Extension Auditorium
151 N. Main Street, Tooele

Heart Healthy Snacks

Together we'll discuss tips and tricks for eating heart healthy, then we'll do some simple hands-on recipes. Come enjoy sampling the healthy snacks too. Presented by Sarah with the USU Extension Food \$ense program.



Thursday, March 8th
11:00 am - 12:00 pm
Tooele Senior Center
59 E. Vine Street, Tooele

That's a Deal!

Who doesn't love discount days and bargain buys? Neva Fels is coming to Tooele County to present information on senior discounts – food, travel, recreation, clothing, and more.

