

*January kicks off our Healthcare Educational Series  
sponsored by Eastgate Nursing and Rehab!*

**Tuesday, January 28<sup>th</sup> at 10:30AM**

*Long term care vs short term care:  
How to know which one is for you.*



Join us Tuesday, January 28th for an in-depth conversation on the benefits of rehabilitation and staying in your home. Eastgate Nursing and Rehab will also share information on programs within the community to help prevent falls and promote healthy aging.

