

July 2017

Will you join us in affirming our commitment to building a culture of wellness in our community by sponsoring our Wellness Festival on September 28?



WELLNESS PATHWAYS

is dedicated to improving the health and quality of life of individuals in our communities.

We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

OUR PROGRAMS:

A Matter of Balance Workshop

Falls prevention offered in English and Spanish

Care Transitions Intervention

To prevent unnecessary hospital readmissions

Chronic Disease Self-Management Workshop

For adults of all ages

Diabetes Self-Management Workshop

For adults of all ages

Healthy Eating for Successful Living in Older Adults

Nutrition and lifestyle counseling

Tomado Control de su Salud

Chronic disease self-management for Spanish-speaking individuals

To learn more, contact:

Kelsey Magnuson
kmagnuson@glss.net
781-586-8530

Dear Friend:

On Thursday, September 28, 2017, Wellness Pathways at Greater Lynn Senior Services (GLSS) is hosting The Dimensions of Wellness Festival at the Lynn Museum in partnership with Lynn Museum/Lynn Arts and the Downtown Lynn Cultural District. This event will provide an opportunity for new and existing community partners to join us in affirming our commitment to building a culture of wellness in our community, where individuals are engaged, educated, and empowered to achieve total health.

As you may know, for over 10 years, GLSS has been offering evidence-based, healthy living workshops to adults of all ages in our area in partnership with a number of community organizations. Our programs are provided at no cost and help some of the most vulnerable individuals in our communities: people who are living with chronic conditions and older adults at risk of falls. By joining us as a sponsor, you can help ensure the vitality of this important programming moving forward.

Our event will target people living and working in downtown Lynn and its surrounding communities. In addition to providing information about community resources, we will offer food and refreshments, as well as a number of activities—Zumba, chair massage, dance lessons, health monitoring, balance exercises, and more.

Please join us in creating a stronger, healthier community by sponsoring our Wellness Festival in one of the following categories:

- “Empowering People” Gold Sponsorship – \$1,000
- “Engaging People” Silver Sponsorship – \$500
- “Educating People” Bronze Sponsorship – \$250

Details of each sponsorship level are attached, as well as other opportunities to participate in and help us promote better health and wellness throughout our community and beyond.

Thank you for your consideration.

Sincerely,

A handwritten signature in blue ink that reads "Muriel Clement". The signature is fluid and cursive, with the first name being the most prominent.

Muriel Clement
Wellness Pathways Program Manager