

Free Program

Be Well, Live Well

Hosted By:
Tri-County Library
130 E Market St.
Mabank, TX

Join us for a 5-session series designed especially for adults age 50 and older who want to stay active, independent, and feeling their best!

Boosting Confidence & Independence



Each session offers practical tips for healthy aging — from understanding medications and reading food labels to making simple food swaps and getting more physical activity in your day.

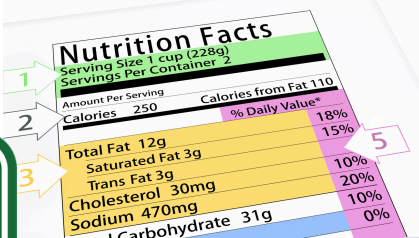


Understanding Medicines

Get Active Your Way



Learn how small changes can lead to lasting independence and a better quality of life!



Reading Food Labels

Thursdays, 6-7 PM in 2026!
April 23 • May 7 • May 21 • May 28 • June 18
@ Tri-County Library

Smart Food Swaps



FAMILY & COMMUNITY HEALTH

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