

Wilmington Library's Third Thursdays

AGING WITH GRACE

Welcome to our series of FREE programs designed to empower adults with the knowledge and tools to navigate everyday challenges. This series covers essential topics offering practical advice and expert insights so you can make informed decisions and live a more balanced, healthy life. Join us as we explore key aspects of adult life and work toward building a stronger foundation for your future.

Call or email to reserve your spot.

JAN
16

BANKING SAFETY

PRESENTED BY: COMMUNITY BANK

6
PM

FEB
20

**EASE INTO AGING:
INFORMATION AND ADVICE FOR
CAREGIVERS**

PRESENTED BY: EASE INTO AGING

6
PM

MAR
20

**COLON CANCER
AWARENESS**

6
PM

APRIL
17

SAFE STRETCHES

PRESENTED BY: SARAH GARDNER, PT

6
PM

For more information:

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