

OPEN TO THE
PUBLIC

The Savvy Senior is a lunch and learn program for older adults who want to learn more about creating and maintaining healthy, happy, and active lifestyles.

There is no charge;
just bring your lunch.
Drinks will be provided.
Please RSVP to
850-523-7333.

The Jefferson County
Savvy Senior
will be held at the

Jefferson County R.J.
Bailar Public Library
375 South Water Street
Monticello, FL



Live Well.
CAPITAL HEALTH PLAN



An Independent Licensee of the Blue Cross and
Blue Shield Association

Capital Health Plan Proudly Presents

THE Savvy SENIOR

Join us Thursday, July 21, at 12:15 pm

Featuring

Improving Your Mental Health

Presented by: John Goble, PhD
Hosted by: Anna Johnson Riedel



John Goble, PhD,
is the Quality
Improvement
Behavioral Health
Specialist for Capital
Health Plan.

Anna is one of the
most familiar faces
in North Florida as
the former morning
host for WCTV's
"Good Morning
Show."



**Some things get better with age.
Capital Health Plan is one of them.**

Capital Health Plan is a health plan with a Medicare contract. If you have questions or for accommodation of persons with special needs at sales meetings call 850-523-7441 or 1-877-247-6512 (TTY 850-383-3534 or 1-877-870-8943), 8 a.m. to 8 p.m., seven days a week. A licensed, authorized representative will be present with information and applications for Capital Health Plan Medicare Advantage (HMO) plans.

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