

CITY OF OCEANSIDE  
**NEWS RELEASE**



**NEIGHBORHOOD SERVICES DEPT.  
PARKS & RECREATION DIVISION**

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**For Immediate Release  
April 13, 2017**

**AGING & WELLNESS WORKSHOPS**

The City of Oceanside Parks & Recreation is excited to host the Jewish Family Services group as they sponsor four Aging and Wellness Workshops at the Country Club Senior Center in Oceanside.

**Wednesday, April 19:** Using our mind to add life to our years (1:00-2:00pm)

**Wednesday, April 26:** The use of personal past to move forward in our lives (1:00-2:00pm)

**Wednesday, May 3:** How to keep my spirit up when my body is aching (1:00-2:00pm)

**Wednesday, May 10:** Don't let fear keep you from growing (1:00-2:00pm)

The Country Club Senior Center is located at 455 Country club Lane, Oceanside, CA 92054.

Register at [www.jfssd.org/oceanside](http://www.jfssd.org/oceanside). Registration is recommended but not required. Space is limited but walk-ins will be welcome.

For more information about Oceanside Parks and Recreation programs, please visit [www.oceansiderec.com](http://www.oceansiderec.com), call (760) 435-5041, or on Facebook at "City of Oceanside Parks & Recreation."

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