

The Bergen County Division of Senior Services offers free presentations for seniors in Bergen County. Volunteer members of the Senior Advisory Council Health Committee will come to your senior center, club or organization to give talks on topics including the following:

Talking With Your Doctor

This talk is based on information from the National Institute on Aging, National Institutes of Health.

Learn tips on how to:

- Optimize your visit to your doctor
- Discuss your concerns
- Describe symptoms
- Make a medication list
- Ask questions to get answers you need
- Follow through on what is prescribed

Each presentation is approximately 45 minutes. Scheduling is ongoing and flexible.

For additional information or to schedule a talk, please call

Bergen County Division of Senior Services
201-336-7438