

**Monmouth County Regional
Health Commission Facilitates:**

CIRCLE OF FRIENDS

Looking to socialize more? Open to making new friends? Come join Circle of Friends!

**OCTOBER 4TH AT 2PM
THE BRIELLE PUBLIC
LIBRARY
610 SOUTH ST, BRIELLE, NJ
08730**



Scan the QR code or give us a call/send us an email to learn more about the program.



(732) 493-9520 x 109



emccreesh@mcrhc.org



Public Health
Prevent. Promote. Protect.



ABOUT

Circle of Friends is a group created for seniors (age 60+) in need of more social support and connection in their community.

PROGRAM STRUCTURE

- Activities within the themes of...
 - Exercise and Wellness
 - Creative Arts and Culture
 - Writing and Reflection
- Group meets 1x per week for 12 weeks
- Group consists of 8-12 members
- Facilitated by MCRHC, driven by group interests.