

The Kiosk for Living Well

TOOLS FOR A FULLER LIFE

**COME ON IN!
EXPLORE, DISCOVER...
ENGAGE WITH OTHERS!**

The Kiosk for Living Well is a fun, exciting place where adults of all ages and abilities can explore easy-to-use tools designed to promote greater health and well-being.

WE'RE LOCATED AT COMMUNITY "PULSE-POINTS"

Since opening in 2012, thousands of people have visited our four North Shore sites:

**BEVERLY
SENIOR CENTER**

**DANVERS
SENIOR CENTER**

**LYNN
PUBLIC LIBRARY**

**LYNN
SENIOR CENTER**

Three more sites will open in 2014.

VOLUNTEER ADVISORS ARE YOUR GUIDES

Trained advisors guide visitors in the direction of each person's choosing. Specialized staff—including a registered nurse—from various community organizations visit regularly.



**YOU'RE IN THE DRIVER'S SEAT!
YOU DECIDE WHAT TO DO!**

**DISCOVER
SOMETHING NEW**

**EXPLORE
THE WORLD**

**TRAVEL
BACK IN TIME**

**SHARE
"YOUR STORY"**

**MAKE NEW FRIENDS
OR SKYPE WITH
OLD ONES**

**LEARN ABOUT
HEALTHY LIVING
PROGRAMS**

PLAY GAMES

HAVE FUN

FILL OUT A "PASSPORT TO HEALTH"

Document your medical conditions and be prepared in case of an emergency. Make an appointment to review it with a nurse.

JOIN US FOR SPECIAL EVENTS

Monthly events tied to seasonal activities and holidays draw in new visitors.

TAKE THE "MILLION HEARTS" PLEDGE

We're helping in the national effort to prevent one million heart attacks and strokes by 2017.

Community Engagement

PROUDLY SPONSORED BY

GLSS

Greater Lynn Senior Services

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