

### **South Cove Manor at Quincy Point Launches Free Breakfast Seminars for Seniors**

South Cove Manor at Quincy Point, a non-profit rehabilitation and skilled nursing center located in Quincy, is pleased to announce the launching of **Healthy Aging Breakfast Seminars**, a monthly community education program which will focus on topics of interest and concern to older adults and their caregivers.

The free seminars will be held on the 3<sup>rd</sup> Tuesday of each month, from 9:30am - 11:30am at South Cove Manor, 288 Washington Street, Quincy, and will include a light breakfast. Everyone is welcome to attend the program which will be conducted in English, Mandarin and Cantonese. Funding for the program has been generously provided by Jumbo Seafood Gourmet Chinese Restaurant and Lasalle St. Investment Advisors LLC.

In making the announcement, Administrator Li Chen said, "We are very excited to be able to offer **Healthy Aging Breakfast Seminars** to the Quincy and South Shore communities, as education and outreach are central to our mission. We are grateful to our seminar sponsors for making this program possible." The Quincy program is modeled after the highly successful educational series South Cove Manor has presented in Boston for nearly a decade.

The first seminar will be held on **Tuesday, February 20, 2018 at 9:30am**, and the topic will be "**Fall Prevention and Healthy Aging**" presented by Dan Wood, Director of Rehabilitation for South Cove Manor. No rsvp is needed, and free parking is available.

For more information about the **Healthy Aging Breakfast Seminar Series**, or to suggest a topic, please contact Stanley Thang at 617-423-0590 or [Stanley.thang@southcovemanor.org](mailto:Stanley.thang@southcovemanor.org).

***South Cove Manor at Quincy Point's** specialty is providing short term rehabilitation services to elders after a hospitalization or illness. South Cove serves everyone who needs their care, and is proud to be a multi-cultural community with particular focus and accommodations for Asian elders. The center consistently achieves the highest quality ratings from both the Commonwealth and nationally, and has been named as one of the country's top nursing centers year after year by US News & World Report.*