



## 4get-me-not Events



### Sea Shells by the Sea Shore

There is something about a beach vacation that leaves you blissfully relaxed, happy and rejuvenated. It works for people across ages particularly for seniors . From the freshness of a sunrise, the frolicking waves of the day, the self-awareness during a sunset or the calm during the night, the beach changes senior's mood and puts them in touch with their inner self.

Sponsor and take seniors for a full day of fun at the Beach. Email: [info@4get-me-not.org](mailto:info@4get-me-not.org)