

Better Health for Life from
Lehigh Valley Hospital and Health Network



Get the Most Out of Life

These books provide helpful hints and useful advice on how to age successfully, remain active and enjoy life to its fullest.

Ageing Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development by George E. Vaillant, M.D. (Little, Brown and Co. 2002)

Ageing Well: The Complete Guide to Physical and Emotional Health by Jeanne Wei, M.D., Ph.D. and Sue Levkoff. (Wiley 2001)

Successful Aging by John W. Rowe, M.D., and Robert L. Kahn, Ph.D. (Dell 1999)

Area Senior Centers

B'nai B'rth
1616 Liberty St.
Allentown, PA 18102
610-821-0207

Casa Guadalupe
141 Linden St.
Allentown, PA 18102
610-435-9902

Cedar View
4230 Dorney Park Road
Allentown, PA 18104
610-398-1094

Central Park
683 Wahneta St.
Allentown, PA 18109

St. John's UCC
538 Thomas St.
Coppersburg, PA 18036
610-282-2330

Fountain Hill
1101 Seneca St.
Bethlehem, PA 18015
610-861-0816

Gross Towers
1339 Allen St.
Allentown, PA 18102
610-439-6643

Lehigh County Senior
Citizens
1633 Elm St.
Allentown, PA 18102
610-437-3700

Phoebe
1901 Linden St.
Allentown, PA 18104
610-794-6262

Ridge Manor
333 Ridge St.
Emmaus, PA 18049
610-965-2171

Slatington
G. Dillard Building
425 Kuntz St.
Slatington, PA 18080
610-767-1250

St. John's Lutheran
835 Third St.
Whitehall, PA 18052
610-264-9644

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE