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**NEWS RELEASE  
CALENDAR LISTING**

For Immediate Release: November 12, 2014  
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FOR IMMEDIATE RELEASE:

**AGING CARE CONNECTIONS TO SPONSOR ARTHRITIS PROGRAM**

LA GRANGE, ILLINOIS – Aging Care Connections, La Grange, will sponsor a three-week series on arthritis, how it affects the body, and what can be done to manage the symptoms. The series will be held November 19, 21, 25, 26, December 3, 5 at Salerno's Pizzeria and Sports Bar, 9301 W 63rd St, Hodgkins at 10 am. Lunch with a suggested donation of \$2.00 will be served at 11:30 am. Registration is required. Please call 708-354-1323. The series is free of charge.

Topics to be covered include techniques and exercises to manage symptoms, appropriate exercise to maintain and improve fitness, healthy eating and sleeping, and working with healthcare professionals.

The series is funded in part by AgeOptions, the Suburban Area Agency on Aging and presented by White Crane Wellness Center.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving communities in Leyden, Lyons, Norwood Park, Proviso and Riverside Townships, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit [www.agingcareconnections.org](http://www.agingcareconnections.org).