

health events

For Older Adults



April-May 2017

Walk for Health – hosted by the La Grange Aging Well team. Guest speaker and snack before members walk on the indoor track. Free. 3rd Wednesday of every month, 10:30-12:00pm. La Grange Recreation Center – 536 East Ave. No registration required and no distance requirements.

Oral Health Screenings - Monday April 24. Morning and afternoon sessions. Presence Bethlehem Woods - 1571 Ogden Ave, La Grange Park, IL 60526. Free. Registration required. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.

30 minute One-on-One Oral Screening will check for:

- Tooth decay
- Periodontal disease
- Oral cancer
- Fit of dentures and partials

All participants will receive the results of their exam and color pictures of their results

Person-Centered Planning for Your Best Future - Wednesday April 26, 11:00am-12:00pm. Summit Park District – 5700 S. Archer Rd Summit. Free. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.

Come learn about tools and skills that will empower you to make meaningful choices about your future! Person-centered planning is an innovative approach that uses each individual's unique values and personal preferences to create realistic, achievable goals for their ongoing health and lifestyle, while helping them identify resources and supports to help them reach those goals. Come learn how to put YOU at the center!

Matter of Balance – 8-week workshop every Wednesday from April 5 to May 24. 2:00-4:00pm. Cantata – 8700 W. 31st Street, Brookfield. Registration required. Free. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.



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Walk with Ease – 9-week workshop every Monday and Friday from 2:00-3:00pm starting on Monday May 1st at Presence Bethlehem Woods - 1571 Ogden Ave, La Grange Park.

Class dates: May 1,5,8,12,15,19,22,26. June 2,5,9,12,16,19,23,26,30. July 7
Free. Registration required. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Benefits to You:

- Walk safely and comfortably
- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Take Charge of Your Health – 6-week workshop every Thursday from May 11-June 15. La Grange Hospital, Dixon room A, 5101 Willow Springs Rd, La Grange, IL 60525. Free. Registration required. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.

Take Charge of Your Diabetes – 6-week workshop every Tuesday from June 20-August 1 (no class July 4). La Grange Hospital, Dixon room A, 5101 Willow Springs Rd, La Grange, IL 60525. Free. Registration required. For more information or to register, contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.

Upcoming: **Walk with Ease** – 9-week workshop

- **Starting mid-May at Mercy Housing Countryside Apartments** – 6406 Joliet Rd, Countryside
- **Starting in June at Cantata** - 8700 W. 31st Street, Brookfield.

For more information contact Alyson Scanlon at ascanlon@agingcareconnections.org or call 708-603-2259.



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The following are on-going activities sponsored by the AMITA Health Act II Senior Club at La Grange Hospital:

Tai Chi – Fridays at 10:00am. Presence Bethlehem Woods 1571 W. Ogden Ave. La Grange Park. Free for Act II members. (Act II membership is free!). For more information or to register, contact Act II at 855-692-6482.

Blood Pressure Readings - The third Tuesday of each month from 9:00-11:00am in the lobby of AMITA Health La Grange Medical Center, 5101 Willow Springs Rd, La Grange. Free. No reservation or appointment required. For more information contact Act II at 855-692-6482.

The following programs are offered by Rush Generations. To register, call 800-757-0202. Parking in the Rush Garage or Valet Service will both be free with validation from the program.

Neurological Issues and Aging - Wednesday, April 19, 1:00pm to 3:00pm. Rush University Medical Center, Professional Building, Searle Conference Center, 5th Floor (Elevator II), 1725 W. Harrison Street

What are ways that we can maintain and monitor our brain and neurological health as we age? Come hear from experts in the field of neurology and learn about common changes associated with aging. Participants will also learn about important resources available for older adults and caregivers.

Senior Alert: Recognizing Frauds and Scams - Wednesday, April 26, 1:00pm to 3:00pm. Rush University Medical Center, Professional Building, Searle Conference Center, 5th Floor (Elevator II), 1725 W. Harrison Street

Today, older adults are significantly more likely to be victim of fraud and other scams. However, for every one report of elder financial exploitation reported, more than 43 others go unrecognized or unreported. Come learn more about how you can protect yourself from common scams and fraud and how you can report it to authorities.



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