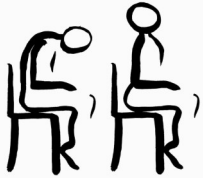




Aging Well Neighborhood - Community Events

June - July 2018



Chair Yoga

June 20 & 27 July 11 & 18

10:30-11:15 AM

All levels are welcomed and encouraged to attend. La Grange Park Library, 555 N La Grange Rd., La Grange. For more information or to register, contact Jeanne Penton: jpenton@agingcareconnections.org or 708-603-2337.

Registration Required.

Contact Jeanne Penton at 708-603-2337 or jpenton@agingcareconnections.org to register or for more information.



Seminar & Snack Series

Choosing Mindfulness – July 12 | 10-11:15 AM

Discover and experience how mindfulness practices increase our ability to regulate emotions, decrease stress, anxiety and depression, as well as increase our mental focus and clarity. Part of Seminar & Snack Series at Aging Care Connections, 111 W. Harris Ave., La Grange. For more information or to register, contact Jeanne Penton at 708-603-2337 or jpenton@agingcareconnections.org