

Hello Neighbors!

Join us for the Aging Care Connections Seminar and a Snack Series



FREE
ADMISSION



TELL YOUR
FRIENDS!



RESERVATIONS
REQUIRED

MARCH

8

Chair Yoga

Yoga fundamentals to increase your health & well-being

MARCH

22

Medical Cannabis

Introduction to medical cannabis for reducing pain and inflammation

APRIL

19

From Here to There

Transportation options for older adults

APRIL

26

Stress Management

Techniques to help you manage stress & anxiety

When: THURSDAYS | 10-11am

Where: Aging Care Connections - 111 W. Harris Ave, La Grange

How: **FREE!** Reservations Required

Contact Jeanne for more information or to register

708.603.2337/AWN@agingcareconnections.org