

## SEMINAR AND A SNACK SERIES

### WHAT'S UP WITH FALLING DOWN?



**Join us for this  
balance and  
stability class  
designed by  
physical therapists  
to help you become  
more educated in  
preventing falls.**

#### **Hello Neighbors, Join Us!**

**Date:** Thursday, August 22, 2019

**Time:** 10:00am

**Location:**

Aging Care Connections  
111 W. Harris Avenue  
La Grange, IL 60525

**Cost:** **FREE!**

**RSVP:** **Registration required.**

Contact Renata Vitali at  
[rvitali@agingcareconnections.org](mailto:rvitali@agingcareconnections.org)  
or 708-603-2277 to register or if  
you have questions.



**FREE  
ADMISSION**



**TELL YOUR  
FRIENDS!**



**RESERVATIONS  
REQUIRED**

Developed with funding from Community Memorial Foundation, Aging Care Connections' Aging Well Neighborhood program brings together older adults, businesses, and healthcare and social services to create a "Health Neighborhood" that promotes life-long wellness, supports aging at home, addresses chronic conditions, offers health education, and helps build an age-friendly community.