

Sept. 21-25 Fall Prevention Week:

- Mon- 9am- Chair seated yoga/Balance**
- Mon-11am- Physical Therapist Presentation**
- Tues-10am-Home Safety Discussion & Tips**
- Tues-1pm-Bingocize**
- Wed-11am-Fires & Falls with Officer Stecklein**
- Wed-1pm-Chair Exercise with Dee**
- Wed-2pm-Fall Prevention Trivia**
- Thurs-10am-Healthy Cooking with Jeff**
- Thurs-1pm-Bingocize**
- Fri-9am-Tai Chi-Balance**
- Fri-11:30am-Medicare Presentation**
- Fri-1pm-Chair Exercise with Dee**

**To register for these events, please call:
Sean or Paul at #630-897-4035 or
Jen at #630-553-5777**