PROGRAMMING SPOTLIGHT STRONG HEARTS & GREEN HANDS

Last month we shared the launch of "Strong Hearts & Green Hands", a year-round program designed to improve the health, nutrition, quality of life and social engagement of our Freeport residents. In this program University of Illinois Extension is partnering with OTR's Freeport apartments to teach classes to the residents and also create an accessible barrier free community garden for the residents to enjoy. We are happy to report that the garden has already brought our residents together to socialize, be outside, and get their hands dirty. The classes have also been really engaging, informative, and fun. Overall we are thrilled to bring so much happiness to our Freeport residents. One of our future goals is to expand this program to more of our properties to continue to encourage our residents to LIVE WITHOUT LIMITS!