ENRICHMENT - AGING WELL NEIGHBORHOOD

ILLINOIS Extension

aging care connections
Because Aging Well Matters

Nutritious Cooking with Illinois Extension

Illinois Extension will present on nutrition and eating habits. A tutorial will be provided for a nutritious and delicious snack. Samples will be provided to try!

Wednesday, August 13th

10:30 am - 11:30 am

West Suburban Senior Services
439 Bohland Ave., Bellwood, IL 60104

To register, email awn@agingcareconnections.org, call Brisa (708) 603-2277, or at www.agingcareconnections.org

Anti-Discrimination Statement
Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-354-1323.

Aging Care Connections
111 W. Harris Ave., La Grange, Illinois 60525 | Tel.: 708-354-1323 W: AgingCareConnections.org | E: info@agingcareconnections.org