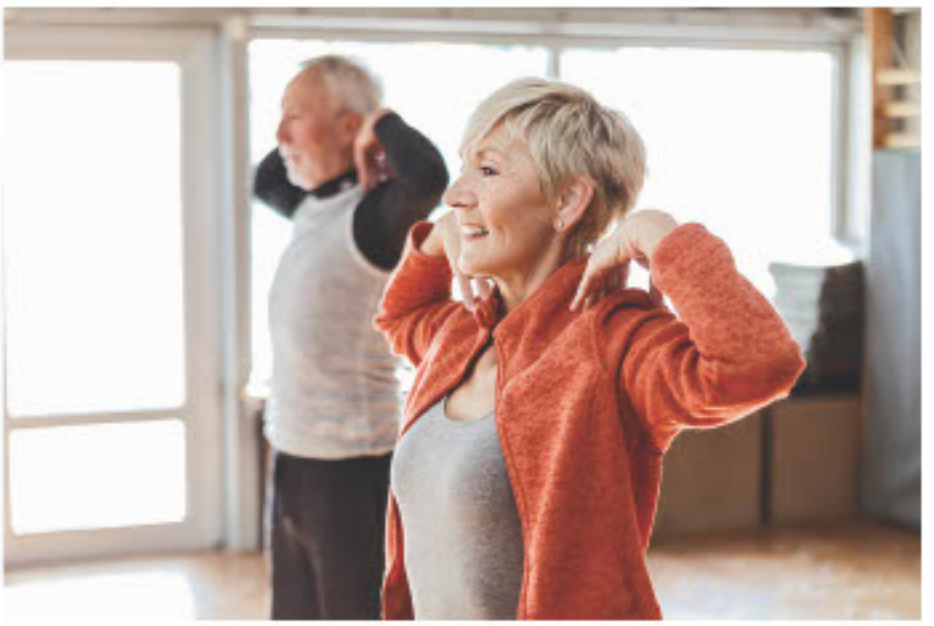
ENRICHMENT - AGING WELL NEIGHBORHOOD

aging care connections

Because Aging Well Matters

Silver Sneakers Exercise



Join us for a workout that includes fall prevention drills and exercises to improve strength and endurance!

West Suburban Senior Services
439 Bohland Ave
Bellwood, IL 60104

August 12th
10AM-11AM

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.

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