

Successful Aging: Improving Balance & Fall Prevention & Special Energy Savings Presentation



TUESDAY, MAY 14 | 9:00AM-11:30AM

DES PLAINES PUBLIC LIBRARY

1501 ELLINWOOD AVE. DES PLAINES, IL 60016

**REGISTER TODAY BY CALLING OR VISITING OUR WEBSITE:
847-823-0453 | WWW.CENTEROFCONCERN.ORG**

9:00am Welcome/Check-In & Free Continental Breakfast

9:15am Physical Changes Impacting Coordination & Balance (David X. Marquez, Phd., of the Rush Alzheimer Disease Center & Associate Professor in the Dept. of Kinesiology & Nutrition at UIC-Chicago).

10:25am Effective Exercise Technique for Adults of All Ages (Jeffrey Frankowiak, NASM Corrective Exercise Specialist & owner of Tone-Up Club of Park Ridge).

11:00am Energy Assistance Presentation (In partnership with Elevate Energy & UIC Energy Resource Center, each attendee will be provided with a **Free** Energy Efficiency Kit during the presentation that includes LED bulbs, a smart power strip & more to help residents be more efficient with their energy usage).

11:30am Free Nutritious Lunch will be served for those wishing to remain after the program. Although not required, donations will be greatly appreciated.

1.5 FREE CE Credits will be awarded to Illinois nurses, social workers and professional counselors by Elderwerks Educational Services.

Presented by:

Sponsored by:

