

ADULT PROGRAMS

SELF HELP

HEALTH CARE REFORM AND HOW IT AFFECTS YOU!

AGES: 18 and Older
WHERE: Community Center
WHEN: October 22
DAY: Friday
TIME: 11:00AM to 12:00PM
FEE: \$5.00



Presenter: Matt Princehorn, Pharm.D.

In March of 2010, Congress passed the Health Care Reform Bill. Come and learn more about how the Health Care Reform Bill is going to affect people, especially senior citizens. Some of the topics discussed will be the coverage gap or "donut hole" and medication therapy management (MTM). We will also learn how the Health Care Reform bill will affect Medicare coverage and benefits. The presenter Matt Princehorn is an Osco Pharmacist in South Holland. He grew up in the south suburbs. He graduated from the University of Illinois College of Pharmacy in 2004 with a doctorate in pharmacy. He has been with Jewel-Osco for 6 years.

Please pre-register by October 20

FREE

INGALLS BLOOD PRESSURE SCREENING

Tuesday, September 21
Tuesday November 16
11:00AM to 1:00PM

BALANCE SCREENING

AGES: 18 and Older
WHERE: Community Center
WHEN: September 21 and November 16
DAY: Tuesdays
TIME: 11:00AM to 1:00PM
FEE: FREE

Feeling unsteady? Dizzy? Is your balance just not what it used to be? Come for a free balance screening using standardized assessments by a trained vestibular/balance physical therapist, to assess your risk for falls during your daily activities. Screenings will be performed by Stacey Yoder, P.T., Vestibular Clinical Specialist. Screenings take approximately 10 minutes. Call for an appointment the day before. Walk-ins also welcome.



INGALLS HOSPITAL HEART SMART FOR WOMEN

AGES: 18 and Older
WHERE: Community Center
WHEN: September 15 to December 8
DAY: Wednesday (**No Class 11/24**)
TIME: 7:00PM to 8:00PM
MIN/MAX: 10/18
FEE: \$75.00

The **Heart Smart for Women program**, will help you get started and stay active - for a lifetime! You'll learn simple strategies for fitting physical activity whenever, wherever you are able. You will also learn nutritional basics, healthy eating tips, and receive tracking tools to help you meet your goal. This 12-week classroom based series is made possible through support from the Ingalls Wellness Center.

Class size is limited; call to reserve a spot!