

DESTINATION:



# COFFEE MONDAYS

## MONDAYS, 10- 11 AM



WITH  
SPECIAL  
GUESTS!



### January 4th

This month will feature Nevada Bennett from Wellness House.

### February 1st

Betsy Kelly will present services from River Forest Township this month.

### March 1st

ML Wahlfeldt and Susan Lucci will do breathing exercises and talk about Circles practices.

### April 5th

This month will focus on Dementia Friendly River Forest and River Forest's Age Friendly Committee.

The first Monday morning of every month join us on zoom for coffee and conversation. It's a great way to get to know your neighbors and library staff! Register in the library program calendar to get the link.

*Brought to you in partnership with River Forest Township.*

Presentations are strictly informational in nature. Speakers and their organizations are not endorsed by the River Forest Township or River Forest Library.

# RIVER FOREST PUBLIC

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# LIBRARY

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