

Meaningful Living

For: Older Adults (Ages 60+)

What: FREE 8-Week Wellness Group:

- *to enhance quality of life.
- *to promote meaningful living into older age.
- *to share and connect with others.

Where:

Community Counseling Center of Concordia University Chicago
Christopher Center Room 263

7400 Augusta Ave., River Forest, IL 60305.

*Parking is available directly in front of building.

When: Tuesdays, January 29th thru March 19th.

Choice of 3:30-4:30pm OR 6:30-7:30pm.



To sign-up for this group contact:
Township Senior Services at (708) 383-8060.
Space is limited to 12 persons per group.

Transportation is available through Senior Services of Oak Park and River Forest Township. Contact Charles Barnes, Transportation Coordinator, to reserve your space (708) 383-4806.