

Meaningful Living

Especially For: Older Adults (Ages 60+).

Offering: a FREE 8-Week Wellness Group.

Purpose: To enhance quality of life and to promote meaningful living into older age.

Location: Community Counseling Center
Christopher Center #263 at Concordia University Chicago
7400 Augusta St., River Forest, IL 60305

*Parking is available in the Christopher Center lot.

When: Tuesdays (September 11th-October 30th),
Choose a time that best suits you: 3:30-4:30pm or 6:30-7:30pm



Space is limited! To sign-up for this group contact:

Township Senior Services at (708) 383-8060

****Special Note****

Transportation is available through Senior Services of Oak Park and River Forest Township for these groups.

Contact Charles Barnes, Transportation Coordinator, to reserve your space (708) 383-4806.