

WEDNESDAY MEMORY CAFE

Wednesday, March 11, 2020
From 10 A.M. to 11:30 A.M.

Join PLOWS Council on Aging and Community Nutrition Network for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. This month features “Mindfulness Meditation and Mind/Body” with Jaci McCarty. Jaci has more than 15 years of experience in mindfulness and yoga and the program focuses on techniques for the mind/body connection, breathing, and movement.



No charge for event or lunch

Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network & The PLOWS Council on Aging do not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

WHEN?

March 11, 2020

10 A.M. -11:30 A.M.

**Memory Café meets the
second Wednesday of
the month.**

**Program first with lunch
to follow at 11:30 A.M.**

WHERE?

**Community
Nutrition Network
Site (formerly Our Lady of
Loretto School)**

**8925 S Kostner Ave
Hometown, IL**

**REGISTRATION
REQUIRED:**

**Call 708.361.0219
PLOWS COUNCIL
ON AGING**

**PLOWS Council on Aging serves
more than 16,000 individuals in 20
communities within Palos,
Lemont, Orland and Worth
Townships.**