



Wellness Tip of the Week

with the Area Agency on Aging District 7

Falls Prevention Exercises

Our “Matter of Balance” falls management wellness program will soon be available virtually. Join us for our “Wellness Wednesday” this Wednesday at 10:00 am on our Facebook page where we will demonstrate some of the helpful exercises that are part of the class! To learn more, call us at 1-800-582-7277 or e-mail info@aaa7.org.