



Wellness Tip of the Week

with the Area Agency on Aging District 7

Virtual Wellness Starting Soon!

Are you a caregiver or do you have a fear of falling? We're excited to announce that very soon, we'll be able to offer our "Powerful Tools for Caregivers" and "Matter of Balance" wellness programs virtually! Stay tuned for more information or contact us to add your name to the list for an upcoming class - 1-800-582-7277 or e-mail info@aaa7.org.