

Older Adults are invited to attend a **FREE 8 Week Wellness Group:**

# MEANINGFUL LIVING

**Sponsored by:**



**Community Mental Health Board**  
of Oak Park Township



Sessions will be held from September 11<sup>th</sup> to October 30<sup>th</sup>, 2018  
Tuesdays at 3:30pm-4:30pm or Tuesdays at 6:30pm-7:30pm  
(please choose the time best for you)  
at: Concordia University, 7400 Augusta St., Christopher Center #263,  
River Forest

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

**Oak Park and River Townships Senior Services at  
(708) 383-8060\*\***

\*\*Curb-to-curb transportation is available; please call 708-383-4806 to reserve  
your space today!

[www.oakparktownship.org](http://www.oakparktownship.org)