

LUNCH & LEARN FOR CAREGIVERS

WEDNESDAY
MARCH 20TH, 2024
12-1PM

PRESENTED BY: JUSTIN YUROFF, SENIOR SERVICES OF CENTRAL ILLINOIS



Senior Services of Central Illinois is proud to promote healthy lifestyles for adults, particularly seniors 50 years of age and older. According to the Surgeon General and the National Prevention Council, the health related benefits of regular exercise include lowered risk of high blood pressure, diabetes, heart disease, and cancer, as well as an increase in muscle strength, flexibility, and aerobic capacity. Their recommendation is that ALL adults get AT LEAST 150 minutes of moderately difficult exercise each week, and training for your favorite event is the perfect way to do so! Our competition is also a great way to make new friends and qualify for the National Senior games!

**REGISTRATION IS REQUIRED
BY MARCH 18TH**

**To Register:
Call AgeLinc
(217) 787-9234**



Lunch & Learn Programs are FREE, monthly, one hour sessions offered to current, future, and past caregivers. These programs are presented in person by professionals on the 3rd Wednesday of each month. Lunch will be provided, registration is required.