



Village of Mount Prospect **Press Release**

VILLAGE TO OFFER SENIOR HEALTH MONTH PROGRAMS

Date: September 23, 2019
Contact: Julie Kane, Director of Human Services
Phone: 847/870-5680

October is Senior Health Month. To help promote healthy living in our community, the Human Services Department is offering several educational sessions to help seniors live their best lives. For more information or to register for any of the programs, please call the Human Services Department at 847/870-5680. Programming includes:

Take Charge of Your Health

Thursdays, October 10 - November 14, 9 – 11:30am
Village Hall, 50 South Emerson Street

Take Charge of Your Health is a six-week national program from Stanford University that will teach seniors practical ways to manage their chronic health condition to lead a fuller life. (The program needs 15 registrants to be offered.)

Explore Your Mind

Thursday, October 17, 2pm
Village Hall, 50 South Emerson Street
Seniors can learn memory cues and apply their knowledge to fun-filled activities.

Using Herbs in Your Eco-Friendly Home

Wednesday, October 23, 10 – 11am
Mount Prospect Public Library, 10 South Emerson Street
Join the Village Nurse and learn how to make homemade soaps, deodorant, glass cleaners, and other household products.

Lighthouse for the Blind Roadshow

Tuesday, October 29, 9am – 3pm
Mount Prospect Public Library, 10 South Emerson Street
Those with visual impairments are invited to explore a variety of low vision products available for purchase.

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“The Human Services Department is committed to the Village’s senior population. Our programming is designed to promote the health and well-being of residents and the community,” said Julie Kane, Director of Human Services.

For more information or to register for any of the programs, please call the Human Services Department at 847/870-5680.

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