



AGING WELL NEIGHBORHOOD PROGRAM

FREE ONLINE CLASSES

YOU ARE INVITED TO JOIN US!

Looking for ways to stay connected, active, and learning from the comfort of your own home? Join us for **FREE** online Aging Well Neighborhood classes! Every week we offer a variety of fitness, educational, social, brain health, and entertaining classes that you can join from home using Zoom.

Visit our website to see which classes are coming up and join us:

agingcareconnections.org/aging-well-neighborhood-online-classes

Feel free to share our class schedule with your family, friends, neighbors, near & far, of any age—everyone is welcome to join us!

Questions? Email us at AWN@agingcareconnections.org

Developed with a founding grant from the Community Memorial Foundation (CMF) and continued funding from CMF, AgeOptions, The Russell and Josephine Kott Memorial Charitable Trust, Healthy Communities Foundation, The Rotary Club of La Grange, and individual donors, the Aging Well Neighborhood brings together older adults, businesses, healthcare, and social services to promote life-long wellness, support aging at home, address chronic conditions, offer health education, and help build an age-friendly community.