

---

SUPPORT OUR SENIORS COUNCIL PRESENTS

# HEALTHY LIVING FOR SENIORS

WEDNESDAY, APRIL 17  
10 A.M. TO NOON  
SCHAUMBURG BARN  
231 S. CIVIC DR.

---

The Village of Schaumburg Support Our Seniors Council presents the Healthy Living for Seniors event. A free lunch will be provided for registered seniors complements of Alden Poplar Creek, Comfort Keepers, Encore of Barrington and The Barn. Participants will also be eligible to win a prize. Presentation topics include:

- Nutrition/hydration
- Home delivered meals
- Dental care
- Fitness/exercise
- Mental health/social connectedness



---

Registration is required and space is limited. Register by calling The Barn at (847) 524-7496 or by emailing Marina Lvovich at [mlvovich@schaumburg.com](mailto:mlvovich@schaumburg.com).

---



**VILLAGE OF SCHAUMBURG**  
PROGRESS THROUGH THOUGHTFUL PLANNING