



## Take Charge of Your Health Workshops Calendar- March 2016

Evidence-based health promotion programs from Older Adults and their Caregivers

Sponsored by AgeOptions

Area	Provider	Workshop	Location	Day	Start Date	End Date	Start Time	End Time	Registration Phone
South	Jencare	Take Charge of your Diabetes Plus	Jencare (Ashburn) 2734 W. 87 <sup>th</sup> St. Chicago, IL 60652	Mon.	3/14/16	4/25/16	1:00pm	3:30pm	(773) 918-4700
North	Village of Niles	Take Charge of your Health	Niles Senior Center 999 Civic Center Dr. Niles, IL 60714	Thurs.	3/17/16	4/21/16	1:30pm	4:00pm	(847) 588-8420
West	Donald W Kent Residence	Take Charge of your Health	Donald W Kent Residence 100 S Wolf Rd. Northlake, IL 60164	Mon.	3/21/16	4/25/16	1:00pm	3:30pm	(708) 409-4752
South	Lemont Township	Take Charge of Your Diabetes	Lemont Township 1115 Warner Avenue Lemont, IL 60439	Wed.	3/23/16	4/27/16	1:30pm	4:00pm	(630) 257-2522
North	Village of Schaumburg	Take Charge of your Health	Schaumburg Twp. Library 130 South Roselle Rd. Schaumburg, IL 60193	Fri.	4/01/16	5/06/16	9:30am	12:00pm	(847) 923-3347
South	Glenwood-Lynwood Public Library District	Take Charge of Your Health	Glenwood-Lynwood Public Library 19901 Stony Island Ave Lynwood, IL 60411	Thurs.	4/07/16	5/19/16	10:00am	12:30pm	(708) 758-0090

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North	Barrington Area Council On Aging	Take Charge of Your Diabetes	Barrington Area Council on Aging 6000 Garlands Ln. Barrington, IL 60010	Wed.	5/11/16	6/15/16	4:30pm	7:00pm	(847) 381-5030
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We reserve the right to reschedule classes due to low enrollment.  
 For more information, contact (800)699-9043 or [takecharge@ageoptions.org](mailto:takecharge@ageoptions.org).  
 Please call to confirm date and time of classes or to be notified of changes.