

AgeOptions' workshops and presentations available:

- **IL Pathways to Health** - Health Promotion and Fall Prevention Workshops (Kathryn.Zahm@ageoptions.org)
- **Stress-Busting Program for Family Caregivers** (Cristina.Diaz@ageoptions.org) or your local Caregiver ResourceCenter (CRC)!
- **Senior Medicare Patrol (SMP) Series** (Jesus.Enriquez@ageoptions.org)
- **SNAP and Benefits Access** (Benefits@ageoptions.org)
- **Dementia Friends** (Cristina.Diaz@ageoptions.org)



AgeOptions Health Promotion Workshops:

- Take Charge of Your Health
- Take Charge of Your Diabetes
- Tomando Control de su Salud
- Tomando Control de su Diabetes
- Take Charge of Your Pain
- Cancer: Thriving and Surviving





Fall Prevention Programs

- Bingocize
- Tai Chi for Arthritis
- A Matter of Balance





CAREGIVER STRESS-BUSTING CHRONIC ILLNESS PROGRAM

Stress Busting Program for family caregivers

- 9-week program for 90 minutes
- Stress management techniques
- In collaboration with Caregiver Resource Centers