

# AgeOptions workshops and presentations available:

- **IL Pathways to Health** - Health Promotion and Fall Prevention Workshops ([jaime.pena@ageoptions.org](mailto:jaime.pena@ageoptions.org))
- **Stress-Busting Program for Family Caregivers** ([Zoe.Andorka@ageoptions.org](mailto:Zoe.Andorka@ageoptions.org)) or your local Caregiver Resource Center (CRC)!
- **Senior Medicare Patrol (SMP) Series** ([Jesus.Enriquez@ageoptions.org](mailto:Jesus.Enriquez@ageoptions.org))
- **SNAP and Benefits Access** ([Benefits@ageoptions.org](mailto:Benefits@ageoptions.org))
- **Dementia Friends** ([Cynthia.Ayala@ageoptions.org](mailto:Cynthia.Ayala@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