

FALL LECTURE SERIES

ALDEN 
COURTS & ESTATES
of SHOREWOOD

Alden Courts of Shorewood and Alden Estates of Shorewood invite the community to learn about maintaining a healthy lifestyle by attending these **FREE** lectures.

All sessions will be held at 2 p.m. – 3 p.m.

at Alden Estates of Shorewood, 710 W. Black Road in Shorewood
Light refreshments will be served.

Wednesday, September 13th
IN THEIR SHOES

“In their Shoes” takes a closer look at how a person with memory care needs views the world. A virtual dementia tour of what it’s like to be “In Their Shoes” will provide attendees with a simulated sensory experience. You will never view your loved one with memory care needs the same again!

Wednesday, October 11th
**THE BASICS: MEMORY LOSS, DEMENTIA
AND ALZHEIMER’S DISEASE**

If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This Alzheimer’s Association program will provide information on diagnosis, risk factors, disease stages, treatment options and much more pertaining to Alzheimer’s Disease.

Wednesday, November 8th
HEALTHY CHOICES FOR THE HOLIDAYS

Proper nutrition is important to keep the body and mind strong and healthy. Regular, nutritious meals may become a challenge for people as they grow older and those with chronic health conditions. The holiday season can result in additional stress and not eating right. Attend this lecture to learn how to implement healthy holiday eating strategies during the upcoming holidays. **FREE FOOD SAMPLES!**

SPACE IS LIMITED TO THE FIRST 50 REGISTRANTS

Please call **815-230-8700**

ALDEN ESTATES OF SHOREWOOD

710 W. Black Road | Shorewood | 815-230-8700 | www.AldenEstatesofShorewood.com

