

# FALL LECTURE SERIES

Alden Debes and Alden Park Strathmoor invite the community to learn about maintaining a healthy lifestyle by attending these FREE lectures.

**FREE PRESENTATIONS!**

Wednesday, September 13<sup>th</sup>

5:30 p.m. | Alden Debes

## CAREGIVER DE-STRESS

Being a caregiver is wonderful but also can be challenging as a shift in roles and emotions often occurs. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress is common but there are ways to try to avoid burnout. Attend this lecture to regain control over your life and enjoy it more! Presented in partnership with Heartland Hospice.

Register at [www.AldenDebes.com/Lecture](http://www.AldenDebes.com/Lecture) or call 815-484-1002

Wednesday, October 4<sup>th</sup>

6:00 p.m. | Alden Park Strathmoor

## WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S

Learn about Alzheimer's Disease, including the signs and symptoms of memory care issues, what to do if you start noticing symptoms in your loved ones or yourself, and tips for caregivers on how to communicate and help someone with memory care needs.

Register at [www.AldenParkStrathmoor.com/Lecture](http://www.AldenParkStrathmoor.com/Lecture) or call 815-229-5200

Thursday, October 12<sup>th</sup>

10:00 a.m. - 4:00 p.m. | Alden Park Strathmoor

## WALK-IN FLU CLINIC WITH WALGREENS

Flu shots are a proven way to prevent individual cases and the spread of the seasonal flu. Light refreshments will be available.

For information call 815-229-5200

Thursday, November 9<sup>th</sup>

9:00 a.m. | Alden Debes

## WINTER SAFETY TIPS

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including falls, frostbite, hypothermia and more. Attend this lecture to learn precautions you and your loved ones can take, especially older adults, to stay safe this winter.

Register at [www.AldenDebes.com/Lecture](http://www.AldenDebes.com/Lecture) or call 815-484-1002