

To register, call 847-961-7600 or visit www.AldenCourtsofHuntley.com/Presentations

Thursday, September 6 • 6-7 pm

The Benefits of Aromatherapy on Aging

Aromatherapy and essential oils are growing in popularity but do you know why? Attend this lecture to be introduced to the benefits of aromatherapy, key essential oils and how they can have a positive effect on your life and well-being. Presented by Jessica Ryan, Biologist and Educator, doTERRA Diamond Wellness Advocate and AromaTouch Technique Trainer. A light dinner will be served. Brunch Café raffle basket giveaway for all attendees!



Thursday, October 25 • 6-7:30 pm

Is it Dementia or Something Else?

When someone you know shows signs of memory loss, it's time to talk. Conversations with family members about memory loss and changes in behavior can be difficult. Learn tips to reducing the stress related to physician visits, deciding when to stop driving and making legal and financial plans. Presented by Sue Sklar, Manager of Education and Outreach for the Alzheimer's Association, Illinois Chapter. A light dinner will be served.



Wednesday, November 28 • 1-2 pm

Preventing Falls & Being Safe at Home

Did you know that 1 in 3 adults over the age of 65 suffers a fall each year? Join our local Fire officials in learning steps you can take to minimize your fall risk and increase safety in your home. Join Fire Marshal Lt. Ken Madziarek of the Huntley Fire Protection District and Eric Bentley, Public Education Director of the Huntley Fire Department. Refreshments will be served.

