



# TUNE UP FOR LIFE

**FRIDAY, OCTOBER 7**

**8:30 AM - 2:00 PM**

**FREE & OPEN TO THE PUBLIC**

**ROCK RIVER CENTER**

**810 South 10th Street ~ Oregon, IL**

## SCHEDULE OF EVENTS

9:00 AM-2:00 PM – Flu Vaccines (\$35) – by Ogle County Health Department

### Workshops

**9:00 am – *Know the 10 Signs: Early Detection Matters***

Susan Sklar, Manager Education & Outreach  
Alzheimer's Association

**10:00 am – *Caregivers Need Care Too***

Karla Belzer, Family Life Educator  
University of Illinois Extension

**11:00 am – *Color Me A Memory***

Michelle Brown, LPN Memory Care Manager  
Pinecrest Community

### Screenings

***Bone Density, Cholesterol, & Glucose***

by OSF Saint Anthony Medical Center

***Blood Pressure*** by multiple providers

***Hearing Screening*** by Connect Hearing & Miracle Ear

### Pampering

***Reflexology*** by Sole Expressions

***Hand Paraffin Dips*** by Neighbors Rehab

### Demonstrations

**Noon – *Cooking Fall Favorites***

Marilyn Csernus, Nutrition & Wellness Educator  
University of Illinois Extension

**All Day – *ITAC Amplified Phones***

Free phones—just bring your cell or land line bill  
Lee County Council on Aging

### Wellness Activities

***Breast Cancer Awareness***

by Rochelle Community Hospital

***KSB Hospital Outreach Programs:***

- *Audiology*
- *Foot Care*
- *Sleep Apnea*
- *Home Health Care Services*
- *Cancer Care Services*

## MANY EXHIBITORS INCLUDING...

Able Home Health

Alzheimer's Association

American Republic Insurance

Avonlea Cottage of Dixon

Best Home Care of Northern Illinois

Catholic Charities Ombudsman

Center for Sight & Hearing

Comfort Keepers

Connect Hearing

Generations at Neighbors

Hauser-Ross Eye Institute

IL Sec of State Organ/Tissue Donor

IL Department of Veterans' Affairs

KSB Hospital

Lee County Council on Aging

Lifescape Community Services

LINCARE Respiratory

Mary Kay Cosmetics

Miller Eye Center

Miracle Ear

Nancy Gall Retirement Planning

NICIL/ComEd Ambassador

Northern Illinois Diabetes Coalition

Ogle County Health Department

Oregon Living & Rehab

Oregon Park District

OSF Saint Anthony Medical Center

Peak Medical Home Care

Pinecrest Community

Polo Rehabilitation & Health Care

Rochelle Community Hospital

Rock River Center

San Gabriel Assisted Living

Serenity Hospice and Home

Sole Expressions

The Atrium Memory Care

Tri-County Opportunities Council

University of Illinois Extension

Visiting Angels

**DOOR PRIZES & REFRESHMENTS AVAILABLE!**



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RESOURCES FOR YOUR GENERATION