



TUNE UP FOR LIFE

FRIDAY, OCTOBER 25
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 (\$25) & Pneumonia (\$75) Vaccines - Ogle County Health Department
Payment can be made in the form of cash or check. OCHD can bill Medicare Part B and Medicaid only.

8:30-10:30 AM Medicine Disposal: Oregon Police Department **Take-Back Initiative**

Note: All pills must be in a sealed plastic bag

Door Prizes, Refreshments, and Many Exhibitors!

Workshops

8:30 am - *Shingles* with Dr. Thomas Michalsen

9:00 am - *Vital Signs: Know Your Numbers* with Marilyn Csernus, U of I Extension

10:00 am – Illinois Health Insurance Marketplace with Ogle County Health Dept.

1:00 pm - *Estate Planning* with Attorneys Dave Smith & Jennifer Birkholz

Demonstrations

11:30 am – *Cooking Savory Soups* with Marilyn Csernus & Natalie Rodakowski, U of I Extension

Card Making, Quilting, and Wood Carving

Screenings

Vision by Lions Club

Spinal by Dr. Tracy Woods, Aspiring Health Chiropractic Clinic

Blood Pressure/Glucose by Rochelle Community Hospital

Bone Density by OSF Women's Center

Pampering

Massage Therapy by Tonya LaPage

Hand Paraffin Dips

Mini-Manicures/Hand Massages by Educators of Beauty

Hand & Lip Pampering by Mary Kay



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ROCK RIVER CENTER, INC.

RESOURCES FOR YOUR GENERATION