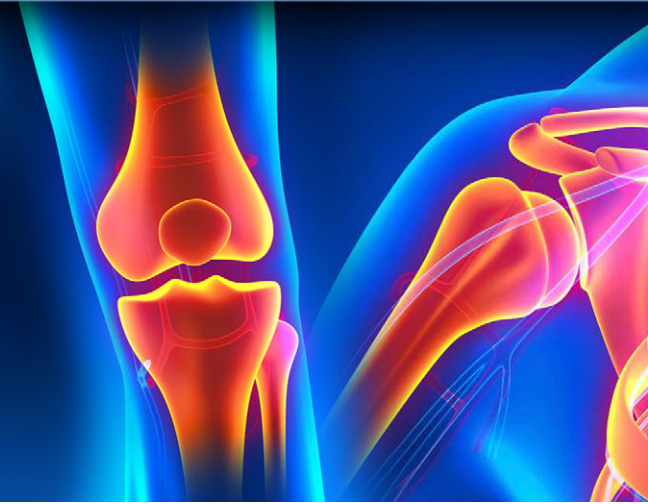


An RSVP is requested - 815-230-8700 or www.AldenEstatesofShorewood.com/Fall

Wednesday, September 19 • 2-3 pm

Knee & Shoulder Pain and Treatment Options

Orthopedic Surgeon Dr. Jason Hurbanek will discuss knee and shoulder pain, symptoms and treatment options, including surgical interventions. Dr. Hurbanek is involved with the American Academy of Orthopedic Surgeons and has contributed research to multiple orthopedic journals. He is also the head team physician for Joliet Junior College, Lincoln-Way Central High School and Joliet Jackhammers/Slammers baseball team.



Wednesday, October 17 • 2-3 pm

Just Say Om... Finding Wellness and Inner Peace

Join us and learn how to better care for yourself and others on all levels – physical, mental, emotional and spiritual. Mindfulness-based practices will be covered to help align your mind and body to better react to stress. Become the best YOU that YOU can be! Presented by Mary Beth Janssen, certified Mind-Body Health educator through The Chopra Center for Well-Being personally certified by Deepak Chopra, MD. She has shared the stage with the likes of Dr. Mehmet Oz, Bob Greene, Suze Orman-among others.



Wednesday, November 14 • 2-3 pm

Healthy Holiday Eating Cooking Demo and Tasting

Executive Chef Aaron Martinez and Jessie Murray, Registered Dietitian, will provide tips on how to avoid overeating and overindulging during the holiday season, while learning how to eat smart at holiday parties. Chef Aaron will demonstrate how to properly sauté vegetables and mash up sweet potatoes while they both discuss the vitamin contents of these foods and the health benefits for the body. Cooking demo and samples of healthy dark chocolate pumpkin cake pops included!

