



# Living Well in this Century

Join us in navigating the roadmap for living well in the twenty-first century and empower yourself with information so that you so that you can appropriately prepare for your future.

- Get new information, resources and tools to live independently and to adjust to lifestyle changes.
- Discover how resources have evolved to address the changes in the social structure and medical advances which have increased our longevity.
- Feel better physically, emotionally and spiritually.

**Tuesday, April 18**  
**2 p.m.**

To register, call 847-285-4551  
Schaumburg Township Room 310

Presented by Daxa Sanghvi, MSW, Caregiver Specialist

 **Kenneth Young Center**  
Community Mental Health and Senior Services

  
**TOWNSHIP  
OF SCHAUMBURG**