OptWell

choosing healthy. thriving together.

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LYONS TOWNSHIP Mental Health COMMISSION

ADVOCACY • COLLABORATION • EDUCATION

Present: **Mindful Movement**

Thursdays 9:30 am	First Congregational Church of Western Springs
4th Wednesday of Month 12:30 pm *English & Spanish*	La Bella Events in Countryside
1st Tuesday of Month 9:30 am *English & Spanish*	Summit Community Center
2nd Tuesday of Month 9:30 am *English & Spanish*	Township of Lyons Office in Countryside

Thank you to our additional sponsors/partners.
Contact us to become a sponsor or partner.

aging care connections
Because Aging Well Matters

FIRST Congregational Church
WESTERN SPRINGS

CATHOLIC CHARITIES
Archdiocese of Chicago
Summit Community Center

Free In-Person Sessions Blending Movement, Brain-Training, and Mental Wellness

optwell.org/events/mindful-movement-sessions/

RSVP

Free

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eligiendo lo saludable. prosperando juntos.

&

LYONS TOWNSHIP Mental Health COMMISSION

ADVOCACY • COLLABORATION • EDUCATION

Presenta: **Mindful Movement**

Jueves 9:30 de la mañana	First Congregational Church of Western Springs
Cuarta semana del mes 12:30 p. m. *Inglés y español.*	La Bella Events in Countryside
Primer martes del mes 9:30 de la mañana *Inglés y español.*	Summit Community Center
Segundo martes del mes 9:30 de la mañana *Inglés y español.*	Township of Lyons Office in Countryside

Agradecemos a nuestros patrocinadores y socios adicionales.
Contáctanos si quieres ser patrocinador o socio.

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Sesiones presenciales sin costo que integran movimiento, ejercicio mental y bienestar emocional.

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RSVP

Gratis