



Village of Mount Prospect Press Release

DATE: January 25, 2019
CONTACT: Julie Kane, Director of Human Services
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SUBJECT: Senior Health and Wellness Programs Available

Seniors – if your goal is to get healthy in 2019, the Village of Mount Prospect can help. The Human Services Department offers several wellness options in addition to screening and health clinics to help you be your best in 2019!

If you are interested in a wellness program, check out these free programs:

- **Senior Walking Club** - Join your peers at the Lions Rec Center (411 S. Maple St.) every Tuesday at 8:30am for this free program that combines friendship and healthy activity.
- **Ageless Grace** - This seated exercise class for seniors meets every Friday at 1:30pm. Join friends at Village Hall (50 S. Emerson St.) to exercise both your mind and body. Ageless Grace is a free program.

If you would like to be more mindful of your health in the New Year, the Village Nurse provides several health checkup and screening opportunities for residents:

- Cholesterol check-up - Village Hall (50 S. Emerson St., second Thursday of each month at 8:45am. \$20 fee.
- Screening Clinic – Village Nurse sees patients for free blood pressure checks, \$1 diabetic screening and \$4 total cholesterol blood test.
 - Mondays, 9-11am, Village Hall (50 S. Emerson St.), and 1:30-3pm Community Connections Center (1711 W. Algonquin Rd.)
 - 4th Wednesday of the Month, 12:15-1:45pm, Stay Fit Physical Therapy (127 W. Prospect Ave.)
 - 1st Thursday of the Month, 8:30-9:30am, River Trails Park District (1500 E. Euclid Ave.)

For more information on any of these programs, please contact the Human Services Department at 847/870-5680 or Humanservicesdept@mountprospect.org.

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