



# **"PEACE OF MIND", A Healthy Living Lecture presented by OSF Rehabilitation**

**Wednesday, January 9, 2019**

Learn the effects of stress on our health and how to manage it in a healthy manner.

**United Methodist Village Chapel**





## Walker and Cane Safety Check

**Tuesday, January 22, 2019 from 1:00 to 3:00 pm**

Join OSF Rehab in the United Methodist Village Riverbend room for a safety check of your walker or cane. We will check the device to ensure that it is measured correctly for you and is in good condition.

**Offered by OSF Rehabilitation Services**