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| **อายุ 50 เตรียมเฮ วัยกลางคน ...**Class Location:ARC, Normal Township600 E. Willow St., Normal, IL |
| **Fridays, 1:00 – 3:30 Pm** **July 21st-August 25th** **Live Well, Be Well**Take Charge of Your Health**This 6 week class will give you tools to better manage your health. Learn new skills, set goals, and learn more about common health issues effecting older adults. Your leaders, Annette Morrison and Debbie Hayek, from Community Care Systems, Inc. will help you put your skills to practice in this evidence-based class developed through Stanford.** ***There is no charge to participate in this class, however, donations are accepted.*** ***Funded through Community Care Systems, Inc., ECIAAA, Age Options, and The Illinois Department on Aging.*** ***Sponsored by the ARC.*** |
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| **Funded through Community Care Systems, Inc., ECIAAA, and IL Department on Aging.****Class size is limited &** **Pre-registration is required. Call the ARC at** **309-888-9099 to reserve your place.****Text Books and all class materials are provided. The book will be available for purchase for $25.00 at the end of class.****W** |
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| **Our Main Office:****Community Care Systems, Inc.****3601 G.E. Road, Suite 2Bloomington, IL 61704309-661-6400****bloomingtonccu@****ccsicares.com** |

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