



From Frail to Fit - How You Can Help the Elderly with Exercise

Wednesday, February 21

Summit of Uptown - 10 N. Summit Avenue, Park Ridge, IL 60068

4:30–5 p.m. Registration and Appetizers | 5–6 p.m. Presentation

Join us for appetizers and refreshments as you listen to an informative presentation by Richard E. Ueberfluss, physical therapist and owner of Assisting Hands Home Care. Richard has written numerous articles on caregiving, physical therapy and the elderly. He has also provided interviews about his services on both radio and television. This presentation will discuss the details of properly assisting those patients and residents we care for with exercise for their well-being.

Earn a CEU! This program awards 1.0 CEU credit to nurses, professional counselors, social workers and nursing home administrators. License number is required.

Fee: \$5.00 payable to Elderwerks Educational Services, a 501(c)(3) not-for-profit corporation, for all professionals attending this event. Payment is non-refundable and all proceeds are tax-deductible in accordance with Illinois Law (Tax ID#46-0916476). Please send payment to Elderwerks Educational Services, P.O. Box 92, Cary, IL 60013. To pay by credit card, an invoice will be emailed through PayPal after registration.



SUMMIT OF UPTOWN
PARK RIDGE

847-825-1161 | SummitOfUptown.com
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Interested in Coming?

RSVP by February 16 by calling 847-462-0885
or emailing events@elderwerks.com.