



WELLFEST

AT THE MERION

A health and wellness showcase hosted by MerionCares

WEDNESDAY, OCTOBER 24

6 INFORMATION-PACKED SESSIONS:

Attend one or all at WellFest.

MANAGING PAIN USING NONMEDICAL SOLUTIONS

10:30 A.M. – 11:15 A.M.

CREATIVITY AND AGING

11:15 A.M. – 12:00 P.M.

SENIORS AND SEX

12:00 P.M. – 12:45 P.M.

MANAGING DIABETES

12:45 P.M. – 1:30 P.M.

DEPRESSION AND OLDER ADULTS

1:30 P.M. – 2:15 P.M.

UNDERSTANDING VETERANS BENEFITS

2:15 P.M. – 3:00 P.M.



1611 Chicago Avenue
Evanston, IL 6020

10:00 a.m. to 3:00 p.m.

**RSVP: Call 847.790.4972 or
visit MerionEvanston.com/Events.**

Light refreshments served. Music by Jerry Tiberi Trio.
Friends welcome. Complimentary valet parking.

This event is brought to you by MerionCares in partnership with Elderwerks, ONE Home Health and In-Home Counseling. With exceptional health care, lifelong education and a vital, invigorating community spirit, MerionCares promotes a wellness-centric lifestyle for positive and healthy aging.

