



THRIVING THROUGH THE YEARS: HEALTHY TALKS SERIES SCHEDULE

1. February 9th, 2026, at 1:00 PM: Heart Disease Pt 1: What Your Heart Wants You To Know

2. March 6th, 2026, at 9:15 AM: Heart Disease Pt 2: Taking Care of Your Heart One Beat At A Time

3. April 28th, 2026, at 10:00 AM: Memory And Aging: Facts, Tips And Peace Of Mind

May - December 2026: Dates, Times, & Topics To Be Determined

CONTACT US TO REGISTER FOR ONE OR ALL SESSIONS

Call 847-244-9242 or email kbrown@waukegantownship.com or visit us at Patricia A. Jones Center: 414 S. Lewis Ave, Waukegan, IL 60085