



# THRIVING THROUGH THE YEARS: HEALTHY TALKS SERIES SCHEDULE

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

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

**3. April 28<sup>th</sup>, 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](mailto:kbrown@waukegantownship.com) or visit us at Patricia A. Jones Center: 414 S. Lewis Ave, Waukegan, IL 60085