

# Food For Thought: *The Senior Experience*

When you were young, reaching the age of 60 seemed like a long way off. The media seemed to depict 60 year olds as men and women with gray hair, who could not hear, and who were frail. However, the senior experience has changed. Join **Martha Kern**, from **Lifecare Innovations, Inc.** for this discussion of the senior experience in today's world—what we think it is, what is really is, and how we can make it better.



**THEN**



**NOW**

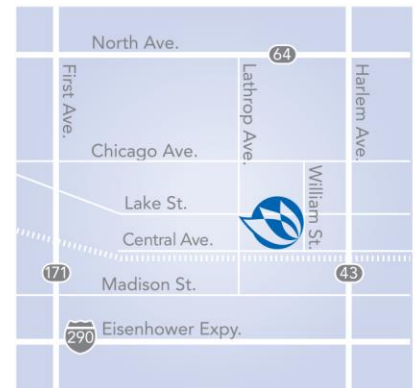
Presented and sponsored by:



**Tuesday, June 19<sup>th</sup>**

**11:30 am – 12:30 pm**

River Forest Medical Campus  
Building A, Community Room 1100  
Light refreshments will be served



**River Forest Medical Campus**  
420 William Street  
River Forest, IL 60305  
(708) 488-2300

**Please call to register at 844-794-4301**

All programs are free unless otherwise noted\*

[www.rfcampus.com](http://www.rfcampus.com)

