

YOU'RE INVITED!



SNAP (food stamps) informational and FREE food distribution

Friday, October 04, 2019 at 9:00 AM—11:00 AM

Oak Street Health | 3210 Grand Ave, Waukegan, IL 60085



Please join Northern Illinois Food Bank in partnership with Oak Street Health as we answer questions about SNAP (food stamps) eligibility and navigating the process of using benefits. Plus, go home with groceries!

- This event is for **SENIORS** ages 60 years and older.
- The SNAP informational begins promptly at **9:00AM**.
- Everyone must attend the SNAP informational in order to get a **TICKET** for the food distribution.
- Remember to bring your **I.D.** and **SHOPPING TOTE OR BAG**.

R.S.V.P by dialing Oak Street Health Call Center at (844) 808-8262



**OAK
STREET
HEALTH**



At no time during the mailing of these letters was your personal information shared with Northern Illinois Food Bank. This flyer was mailed out by OSH staff.

Pain Management Techniques:

Conservative & Assertive Pain management Techniques



260 Larkdale Row Wauconda

Monday, October 14th @ 10 am

Join us for a presentation on conservative and assertive pain management techniques in health care. Meridian Health Care will be providing a speaker on the topic. Learn what approaches

RSVP—Kari Pohar—847-740-6708

Lisa Knight—847-526-1800

Sara Schuring—847-526-3610



Funded by:



Funding does not cover all the costs for this program. Donations are appreciated however no senior is ever denied to register for any event due to the inability to make a donation.

Crime Prevention

Open to Seniors 60+

North Chicago Library—2100 Argonne Dr

Monday, October 28th @ 11 am

Crime is constantly changing and evolving. Stay in the loop and keep yourself protected from scams and crimes. Lake County Sheriff's Dept will be presenting on common crimes and scams that are targeting seniors.

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Lake County Senior Services



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