



## Take Charge of Your Health” Live Well, Be Well Workshops 2012 Schedule

Classes run six consecutive weeks

Provider	Host Site Location	Date & Time	Registration
Northwestern Illinois Area Agency on Aging	<b>The Bickford</b> <b>960 N Mulford Rd</b> <b>Rockford, IL 61107</b>	Tuesday 1:15pm---3:45pm Jan 3 <sup>rd</sup> —Feb 7 <sup>th</sup> , 2012	815-226-4901
Northwestern Illinois Area Agency on Aging	<b>Christian Life Retirement Center</b> <b>2750 N Mulford Rd</b> <b>Rockford, IL 61114</b>	Thursday 9:30am---12:00pm Jan 5 <sup>th</sup> —Feb 9 <sup>th</sup> 2012	815-226-4901
Northwestern Illinois Area Agency on Aging	<b>Candlewick Lake</b> <b>1812 Candlewick Dr Southwest</b> <b>Poplar Grove, IL 61065</b>	Monday 1:00pm—3:30pm Jan 9 <sup>th</sup> ---Feb 13 <sup>th</sup> 2012	815-226-4901
Northwestern Illinois Area Agency on Aging	<b>St Paul Lutheran Church</b> <b>600 N Horsman St</b> <b>Rockford, IL 61101</b>	Monday 10:30am—1:00pm Jan 9 <sup>th</sup> —Feb 13 <sup>th</sup> 2012	815-226-4901
Northwestern Illinois Area Agency on Aging	<b>Family Service Agency</b> <b>14 Health Services Dr</b> <b>Dekalb, IL 60115</b>	Wednesday 9:30am—12:00pm Feb 1 <sup>st</sup> —March 7 <sup>th</sup> 2012	815-226-4901

Provider	Host Site Location	Date & Time	Registration
Northwestern Illinois Area Agency on Aging	Vakommen Plaza 310 7 <sup>th</sup> St Rockford, IL 61104	Friday 1:30pm—4:00pm Feb 3 <sup>rd</sup> ---March 9 <sup>th</sup> 2012	815-226-4901
Northwestern Illinois Area Agency on Aging	RVC Center for Learning and Retirement 3350 N Bell School Rd Rockford, IL 61114	Wednesday 9:30am—12:00pm April 11 <sup>th</sup> —May 16 <sup>th</sup>	815-226-4901