



Connecting Older Adults with Community-based Resources and Options

The Area Agency on Aging of Suburban Cook County, since 1974

## Take Charge of Your Health Program 2012 Workshop Schedule (as of January 11, 2012)

Evidence-based health programs for older adults and their caregivers

**Sponsored by AgeOptions**

*We reserve the right to reschedule classes due to low enrollment*

Area	Provider	Workshop	Location	Day	Start Date	End Date	Start Time	End Time	Registration Phone
North	Village Grove Apartments	Take Charge of Your Health	Village Grove Apartments Clubhouse 1130 Cheekwood Ct. Elk Grove Village, IL 60007	Wednesday	1/18/2012	2/22/2012	1:00 pm.	3:30 p.m.	847-593-4280
North	Harper College	Take Charge of Your Diabetes	Palatine Township Senior Center 505 S. Quentin Road Palatine, IL 60067	Thursday	1/19/2012	2/23/2012	9:30 a.m.	12 noon	847-925-6300
North	Chicago Botanic Gardens (White Crane)	Take Charge of Your Health	Chicago Botanic Gardens 1000 Lake Cook Road Glencoe, IL 60022	Wednesday	1/25/2012	2/29/2012	10:00 a.m.	12:30 p.m.	773-271-9001
North	Alexian Brothers Medical Center	Take Charge of Your Diabetes	Alexian Brothers Medical Center Senior and Community Resource Center 800 Biesterfield Road Elk Grove Village, IL 60007	Monday	2/15/2012	3/21/2012	9:00 a.m.	11:30 a.m.	847-956-5465
North	Village of Hoffman Estates	Take Charge of Your Health	Village of Hoffman Estates 1900 Hassell Road Hoffman Estates, IL 60169	Thursday	3/15/2012	4/19/2012	1:00 p.m.	3:30 p.m.	(847)781-4850
North	Harper College	Take Charge of Your Health	Buffalo Grove Park District 530 Bernard Drive Buffalo Grove, IL 60089	Friday	4/13/2012	5/18/2012	9:30 a.m.	12 noon	847-925-6026
North	Alexian Brothers Medical Center	Take Charge of Your Diabetes	Alexian Brothers Medical Center Senior and Community Resource Center 800 Biesterfield Road Elk Grove Village, IL 60007	Monday	5/16/2012	6/20/2012	9:00 a.m.	11:30 a.m.	847-956-5465
North	Alexian Brothers Medical Center	Take Charge of Your Diabetes	Alexian Brothers Medical Center Senior and Community Resource Center 800 Biesterfield Road Elk Grove Village, IL 60007	Monday	8/15/2012	9/19/2012	9:00 a.m.	11:30 a.m.	847-956-5465

North	Alexian Brothers Medical Center	Take Charge of Your Diabetes	Alexian Brothers Medical Center Senior and Community Resource Center 800 Biesterfield Road Elk Grove Village, IL 60007	Monday	10/17/2012	11/21/2012	9:00 a.m.	11:30 a.m.	847-956-5465
South	Victory Centre at Sierra Ridge (CrossRoads)	Take Charge of Your Health	Victory Centre at Sierra Ridge Community Room 4152 W. Gatling Blvd. Country Club Hills, IL 60478	Thursday	1/5/2012	2/9/2012	1:00 p.m.	3:30 p.m.	708-957-8300
South	Baker Memorial C.M.E. Church (CrossRoads)	Take Charge of Your Health	Baker Memorial C.M.E. Church 325 East 16th Street Chicago Heights, IL 60411	Wednesday	1/11/2012	2/15/2012	2:00 p.m.	4:30 p.m.	708-758-9200
South	Victory Christian International Ministries (CrossRoads)	Take Charge of Your Health	Victory Christian Intl. Ministries 2901 West 159th St. Markham, IL 60428	Wednesday	1/11/2012	2/15/2012	6:00 p.m.	8:30 p.m.	708-515-6280
South	New Zion Christian Fellowship (CrossRoads)	Take Charge of Your Health	New Zion Christian Fellowship 14200 Chicago Road Dolton, IL 60419	Thursday	1/12/2012	2/16/2012	6:30 p.m.	9:00 p.m.	773-216-9856
South	New Hope Baptist Church (CrossRoads)	Take Charge of Your Health	New Hope Baptist Church 130 East 13 <sup>th</sup> Street Chicago, IL 60411	Saturday	1/14/2012	2/18/2012	10:30 a.m.	1:00 p.m.	708-754-3530
South	New Beginnings Full Gospel Baptist Church (CrossRoads)	Take Charge of Your Health	New Beginnings Baptist Church 1448 Lexington St. Ford Heights, IL 60411	Monday	1/16/2012	2/20/2012	10:00 a.m.	12:30 p.m.	708-481-8305
South	Bloom Township	Take Charge of Your Health	Bloom Township 425 S. Halsted Chicago Heights, IL 60411	Friday	1/20/2012	2/24/2012	9: 00 a.m.	11:30 a.m.	708-754-9400 x247
South	Mosque Foundation	Take Charge of Your Health	Mosque Foundation 7360 W. 93 <sup>rd</sup> St. Bridgeview, IL 60455	Thursday	1/26/2012	3/1/2012	12:15 p.m.	2:45 p.m.	708-288-7337
South	Bridgeview Community Center	Take Charge of Your Diabetes	Bridgeview Community Center 7902 S. Oketo Bridgeview, IL 60455	Tuesday	2/7/2012	3/13/2012	9:30 a.m.	12 noon	708-458-4675
South	Beacon Hill Baptist Church (CrossRoads)	Take Charge of Your Health	Beacon Hill Baptist Church 275 Plymouth Dr. Chicago Heights, IL 60411	Friday	2/12/2012	3/23/2012	11:00 a.m.	1:30 p.m.	708-481-8908
South	Bloom Township	Take Charge of Your Diabetes	Bloom Township 425 S. Halsted Chicago Heights, IL 60411	Friday	3/16/2012	4/20/2012	9: 00 a.m.	11:30 a.m.	708-754-9400 x247
South	Bloom Township	Take Charge of Your Health	Bloom Township 425 S. Halsted Chicago Heights, IL 60411	Thursday	6/7/2012	7/12/2012	9: 00 a.m.	11:30 a.m.	708-754-9400 x247
West	Westlake Hospital	Tomando Control de su Salud	Westlake Hospital 1225 W. Lake Street Melrose Park, IL 60160	Wednesday	1/4/2012	2/8/2012	10:00 a.m.	12:30 a.m.	708-681-3000

West	Cicero Community Center	Tomando Control de su Salud	Cicero Community Center 2250 S. 49 <sup>th</sup> Ave. Cicero, IL 60804	Friday	1/13/2012	2/17/2012	10:00 a.m.	12:30 p.m.	708-656-3600
West	Cicero Community Center	Tomando Control de su Salud	Cicero Community Center 2250 S. 49 <sup>th</sup> Ave. Cicero, IL 60804	Tuesday	1/17/2012	2/21/2012	9:45 a.m.	11:15 p.m.	708-656-3600
West	Franklin Park Community Center	Take Charge of Your Diabetes	Franklin Park Community Center 9561 Franklin Avenue Franklin Park, IL 60131	Monday	1/16/2012	2/20/2012	9:30 a.m.	12 noon	847-455-2852

*For more information contact Marilyn Cramton at AgeOptions at (708)383-0258 x354 or [takecharge@ageoptions.org](mailto:takecharge@ageoptions.org). Please call to confirm date and time of classes or to be notified of changes. Funding for Take Charge of Your Health programs is provided by the Illinois Department of Public Health.*