

# WEDNESDAY MEMORY CAFE

**Wednesday, April 8, 2020**  
**From 10 A.M. to 11:30 A.M.**

Join PLOWS Council on Aging and Community Nutrition Network for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. This session will be led by Mia Iliopoulos, a board-certified music therapist with a Bachelor of Music in music therapy who has extensive experience facilitating individual and group sessions with dementia and Alzheimer's disease, Parkinson's disease, COPD, cancer, and grief support. Mia has also worked at a memory care facility and established a music program for a local hospice.



## **No charge for event or lunch**

Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network & The PLOWS Council on Aging do not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

## **WHEN?**

**April 8, 2020**

**10 A.M. -11:30 A.M.**

**Memory Café meets the  
second Wednesday of  
the month.**

**Program first with lunch  
to follow at 11:30 A.M.**

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## **WHERE?**

**Community  
Nutrition Network  
Site (formerly Our Lady of  
Loretto School)**

**8925 S Kostner Ave  
Hometown, IL**

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**REGISTRATION  
REQUIRED:**

**Call 708.361.0219  
PLOWS COUNCIL  
ON AGING**

**PLOWS Council on Aging serves  
more than 16,000 individuals in 20  
communities within Palos,  
Lemont, Orland and Worth  
Townships.**