



# Transition to Wellness

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An Educational Series on Positive Aging for  
Consumers and Professionals

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*1.0 free CEU per program for nurses and social workers.*

## Adult Day Services Evanston

1015 West Howard Street • Evanston IL

### LGBTQ+ Trauma and Resiliency

October 4, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Jacqueline Boyd  
The Care Plan

### Benefits of Exercise to Cognitive Functioning and Prevention of Alzheimer's Disease

October 11, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Neelum T. Aggarwal, MD  
Rush University Medical Center

## Weinberg Community for Senior Living

1551 Lake Cook Road • Deerfield IL

### Meeting the Challenge of Aging Alone

October 17, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Sharon Dornberg-Lee, LCSW  
CJE Counseling Services

### Romancing for Riches

October 24, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Kerry R. Peck  
Peck Ritchey, LLC

## Lieberman Center for Health and Rehabilitation

9700 Gross Point Road • Skokie IL

### Preventative Medicine

October 18, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Dr. Gregory Wallman  
Covenant Medical Group

### Opioids and Older Adults

October 25, 2018

5 pm Registration • 5:30–6:30 pm Presentation & Light Dinner

Kate Mahoney, LCSW  
The Naomi Ruth Cohen Institute for Mental Health Education

Advanced Registration Required

Lecia Szuberla at 847.462.0885 or [events@elderwerks.com](mailto:events@elderwerks.com)