



## Community Health Series

### **Maximizing Your Independence To Stay In Your Own Home**

*Join us for refreshments and conversation at the 1st of our quarterly community health presentations*

Wednesday, October 29 | 5:30-7pm  
Aurora St. Luke's South Shore Auditorium  
5900 S. Lake Drive, Cudahy

*Our panel of health care professionals will be discussing:*

- Top Reasons People Move to Nursing Homes & How to Avoid Them
- Safe At Home: Tips on Environment Safety in the Home
- Community Resources
- Aurora at Home

***Register online at [AuroraHealthCare.org/events](http://AuroraHealthCare.org/events) or call 414.766.9024***



Watch for future dates on topics such as:

- *Arthritis and Other Musculoskeletal Concerns*
- *Depression*
- *Patient to Physician Relationship*
- *Poly-Pharmacy: Managing Multiple Medications*