

# TRIAD

Supporting Lockport and Local Communities.

## Mission and Information:

TRIAD works to improve the quality of life for seniors by providing an opportunity for the exchange of information between; residents, Law Enforcement, and the Lockport Township Community.

Monthly meetings located at the Lockport Township Supervisors Office 1463 S. Farrell Rd Lockport, IL 60441

Registration is required please call (815) 838-2132 x2219 to ensure your seat and breakfast



**Tuesday July 16<sup>th</sup> 9:00 A.M.**

## **Physical & Emotional Well-Being**

**A practice for our daily lives to help diminish memory loss, PRESENTED BY ANDREA CARLI, A Certified Natural Health Practitioner, Reflexologist!**

**Breakfast sponsored by:**



***Suggested donations are welcome!!!!***

***Meals on Wheels offers Nutrition services to older adults. Volunteer are needed to help package meals in the kitchen, help serve congregate diners and deliver meals to homebound seniors.***