

JOIN US FOR SENIOR DAYS

Des Food. Des Wine. *Des Peres!*



EVENTS ARE FREE, BUT PLEASE
REGISTER AT

1-888-457-5203

Schnucks Des Peres, Des Peres Hospital and Home Instead Senior Care are teaming up to provide Seniors with free information, education and events that promote healthy living. Join us for our free monthly sessions!

Schedule:

January 19th — Four Keys to Healthy Living for Older Adults

February 2nd — Heart Health

March 1st — Fall Prevention

April 5th — Breathe Easy — Allergies, Asthma, COPD

May 3rd — Pain Management

**Sessions Held from
10 a.m.—Noon
on the 2nd Floor of Schnucks Des Peres**

Offered as a community service by


Des Peres Hospital®


Home Instead®
SENIOR CARE®

To us, it's personal™