



FOR IMMEDIATE RELEASE

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Keep Connected with Council on Aging!

[June 21st, 2017 – Mentor, OH] – Beginning this summer, the Lake Council on Aging will present a series of live webinars on a variety of subjects that you can tune in to on your home computer or one of the hChoices kiosks located around Lake County. Learn from the experts!

The Council on Aging has partnered with hChoices.com to help Lake County residents learn about the services and opportunities that enable you to achieve an optimal, self-defined, quality of life. Join us for a free educational program to discover various services - ranging from case management to nutrition, home safety modifications to volunteer opportunities, and meet our team of experts who are available to serve you.

You can participate in these online presentations from any internet ready device or via phone, at home, work, or through one of the hChoices Wellness Stations located at the Eastlake JFK Senior Center, Fairport Senior Center, Willoughby/Browning Senior Center, Mentor Senior Center, Painesville Senior Center, Concord Township Community Center, and the Madison Public Library.

The presentations will start at 11 a.m., last approximately 20 minutes, and are followed by a brief Q&A session. Registration is required. To register, call 440-478-5640 or email gerri.hubbell@hchoices.com.

Date | Topics:

- Wednesday, July 12th: Food Safety
- Wednesday, July 26th: Medicare 101
- Wednesday, August 9th: Senior Scams
- Wednesday, August 23rd: Keeping Your Mind Sharp: Steps to Maintaining Cognitive Health
- Wednesday, Sept. 13th: Letting Go of Stress: Positive Thinking and Your Health
- Wednesday, Sept. 27th: Council on Aging Volunteer Opportunities

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About Lake County Council on Aging: The Lake County Council on Aging (LCCoA) has been serving Lake County's seniors, their families and caregivers since 1972. The Agency strives to enhance quality of life through education, advocacy, service and support. The agency's priority is to help older adults remain in their own homes longer, healthier and more safely. For more information, visit www.lccoa.org.