

## LECTURE SERIES

**Meets the  
3rd Friday  
of every  
month from  
2:00-3:30pm  
in the  
Buffalo Room  
at Buffalo Hill  
Terrace.**

This complimentary lecture series offers information on a range of health and wellness subjects important to older adults in the Flathead Valley.

Each month we will host local experts to provide information in a fun and supportive environment. Anyone interested is welcome to join us on this journey to gain insight on a variety of health and wellness topics.

### 2017 Schedule

**January 20th**—*New Year, New You*

**February 17th**—*Heart Health*

**March 17th**—*Improving Lives with Technology*

**April 21st**—*Planning Your Financial Health*

**May 19th**—*Strength & Balance*

**June 16th**—*Healthy Skin*

**July 21st**—*Brain Fitness*

**August 18th**—*Healthy Aging*

**September 15th**—*Medicare 101*

**October 20th**—*Winter Ready*

**November 17th**—*Managing Stress through the Holidays*

**December 15th**—*Festive Holiday Crafting*



**For more  
information,  
please call  
(406)752-9624.**



[www.ilcorp.org](http://www.ilcorp.org)

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