St. John's Hospital
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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ST. JOHN'S OFFERS "BACK TO SCHOOL" OPPORTUNITIES FOR SENIORS AT THIRD AGE LIVING

SPRINGFIELD, IL – This fall St. John's Third Age Living (TAL) will offer educational sessions for a different "senior" class. Everyone age 50 and older is welcome to sign up for classes. The TAL facility is at White Oaks Mall, and classes vary from computer basics to driver safety to memoir writing.

Educational opportunities include: AARP Driver Safety Program, Health Education and Screenings, "Mining Your Memories" writing workshops, Reflexology, Dining Out Healthfully, a Book Club, "Ask the Pharmacist – Brown Bag Medication Review," Genealogy and Third Age Living computer classes.

"Third Age Living is a community benefit St. John's Hospital provides to senior citizens in the Springfield area," said Kim Luz, Director of Community Outreach at St. John's. "The classes are in addition to our Caregiver Interfaith Volunteer Service, which helps seniors stay independent in their homes, as well as the resources we provide to those who are taking care of an elderly family member or friend."

Most classes are free, but some sessions do have a small fee. For a complete fall session list, or more information about St. John's Third Age Living, visit www.st-johns.org/stjohns/Third-Age-Living.aspx, or call (217) 757-6620.

ABOUT HOSPITAL SISTERS HEALTH SYSTEM
Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.

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