

# LAUGH & LEARN MEMORY CAFE

**Wednesday, March 13, 2019**  
**From 10 A.M. to 11:30 A.M.**

Join PLOWS Council on Aging and Community Nutrition Network for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. This month's Café features "Laughing Kathy," a certified laughologist who will delight us with a presentation promoting health and wellbeing by elevating mood and increasing relaxation through the fun of laughter.

**Program begins at 10 A.M.**  
**with lunch to follow at 11:30 A.M.**



## "Laughing Kathy"

**Kathy O'Brien is a Registered Nurse and Certified Laughter Leader with the World Laughter Tour. She worked in a university hospital for more than 20 years. Kathy is a member of the Orland Park Chamber of Commerce and Prairie State Speakers Bureau and she supports organizations such as Bucks for Burn Camp,**

**Fairy Godmother Project, and Make a Wish Foundation.**

## **No charge for event or lunch**

Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network & The PLOWS Council on Aging do not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statuses. If you feel you have been discriminated against, call 708.361.0219

## WHEN?

**10 A.M. - 11:30 A.M.**

**March 13, 2019**

**Memory Café meets every second Wednesday of the month until September**

## WHERE?

**Community Nutrition Network Site (formerly Our Lady of Loretto School)**

**8925 S Kostner Ave  
Hometown, IL**

**REGISTRATION  
REQUIRED:**

**Call 708.361.0219  
PLOWS COUNCIL ON  
AGING**

