



# Aging with confidence starts here

## Free Community Seminar

Staying Independent, Safe & Confident as We Age

May 15, 2026 | 9:00 – 10:30 AM

### River Bluff Health & Rehabilitation — Finch Room

4401 N Main Street, Rockford, IL

Free Breakfast Provided

### Guest Speaker:

Don Gruber, PTA Program Manager

Topics Include:

- Fall Prevention
- Balance & Mobility Tips
- When to Ask for Help
- Community Resources



Join us for practical tips that make everyday life safer and easier.

RSVP to [SRegge@riverbluff.wincoil.gov](mailto:SRegge@riverbluff.wincoil.gov) by May 8.