



SAFETY SEMINAR 

Protection From Physical and Digital Danger





It's time to dust off your boxing mitts! Tag a friend into the ring and join us for a day of events that put safety first. To begin, we will be partnering with Leaders for Life Martial Arts to offer our first-ever self defense class, specially designed for seniors. This will be followed by a community lunch featuring Savoy Therapy. Afterward, we will enjoy a presentation on avoiding senior scams. Once the bell rings, join us for a free tour of our secured community. Register below for an even that's sure to be a knock out!

Brookdale Urbana
Assisted Living
Alzheimer's & Dementia Care
1706 East Amber Lane
Urbana, Illinois 61802

► **Saturday, March 19**
10 to 1:30 p.m.
Complimentary admission
To RSVP by March 15 or for more information, phone **(217) 328-3150** or email **amenendez@brookdale.com**.

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