

# Healthcare & You



**Improving health literacy allows you to navigate the healthcare system, access important preventative screenings, better manage chronic disease, & avoid unnecessary trips to the emergency room. Free flu shots will also be available for adults ages 4 and older .  
Registration is required**

## **ROUND LAKE AREA PUBLIC LIBRARY**

Call (847)546-7060 to register ext.132 or ext.122

Space is limited

***Building Better Bones***

**Tuesday, Oct. 4 @6:00 PM**

**Health Resources In Your Community**

**Tuesday, Oct. 11 @6:00 PM**

**What is a Heart Health Screening and Why Do I Need One?**

**Tuesday, Oct. 18 @6:00 PM**

**What is Preventative Health Care and Why Is It Important?**

**Tuesday, Oct. 25 @6:00 PM**



**BROUGHT TO YOU BY**  
**Rosalind Franklin University Health System**  
**Community Care Connection,**  
3471 Green Bay Road, North Chicago, IL 60064



Round Lake Area Public Library  
906 Hart Road, Round Lake, IL  
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