



COMMUNITY SUPPORT SERVICES, INC.

Health and Wellness Program

For Individuals ages 10 & UP

**The First & Fourth Thursdays of the Month
Starting in January 2010**

6:00 PM – 8:00 PM

**First United Methodist Church of LaGrange
100 W. Cossitt (at Madison)
La Grange, IL 60525**

- ◆ **January 14th & January 28th**
- ◆ **February 11th & February 25th**
- ◆ **March 11th & March 25th**

Register now with Kristine Ponta at (708) 354 - 4537, ext 138

Parents – We also have something for you at the same time!

Monthly Schedule of Topics and Activities Coming Soon

