

UPCOMING EVENTS

Volunteer Potluck

January is National Soup Month, so KYC is hosting a soup Potluck on Thursday, **January 12** for all of our volunteers, but we need your help! We need volunteers to help plan and coordinate the event. Please contact Colette Young, Volunteer Coordinator, at 847.524.8800 x182 or at colettey@kennethyoung.org if you are able to lend your time and talents.

If you are a Kenneth Young Center volunteer, mark your calendars and be on the look out for more information.

Kenneth Young Center Wellness Fair

Join us Wednesday, **February 8** from 3:00 to 6:30 pm for our first ever Wellness Fair. Massage therapists, chiropractors, stress management specialists, nutritionists, healthy foods, and other professionals will be there to help lead you down different paths toward wellness. No need to RSVP, just bring your friends and family.