



Lutheran Social Services of Illinois

NEWS RELEASE

FOR IMMEDIATE RELEASE
September 21, 2010

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LSSI's LifeBalance Program to Sponsor Fall Extravaganza in Freeport

On Saturday, October 16, LifeBalanceSM, a program of Lutheran Social Services of Illinois (LSSI), will hold a Fall Extravaganza, which will consist of a vendor fair, bake sale and raffle. The free event, which is open to the community, will run from 10 a.m. to 2:30 p.m. at First Lutheran Church, located at 303 South Galena Avenue in Freeport.

“There will be something for everyone,” says Sarah Raymond, LifeBalanceSM coordinator. “Information on a wide range of items, including our LifeBalanceSM program, will be available.”

Attendees will have an opportunity to speak with representatives from: Avon, Clever Container, Fontastik 4, Just Jewelry, Lia Sophia, Longaberger, Mary Kay, Miche Bags, Pampered Chef, Scentsy, 31 Gifts and Uppercase Living.

Items to be raffled off will include a quilt, office chair, hair salon products and vendor merchandise, as well as a 50/50 drawing (where the winner receives half of the raffle money for that drawing).

Part of the proceeds from the event will help support LifeBalanceSM, a free wellness program for older adults in Stephenson and Jo Daviess Counties. LifeBalanceSM is a program designed to engage older adults in effective wellness activities, providing participants with essential tools to help them age in a healthy way. These wellness activities include exercise, medical case management, nutritional counseling, smoking cessation and stress reduction training.

Lifestyle enrichment programs, such as LifeBalanceSM, can play an important role for older adults in preventing or forestalling the onset of chronic conditions, as well as reducing the effects of existing health conditions.

Founded in 1867, Lutheran Social Services of Illinois is a statewide, not-for-profit social services agency of the three Illinois synods of the Evangelical Lutheran Church in America (ELCA). LSSI serves people through an array of services at 83 program sites across Illinois.

For more information about the Fall Extravaganza, call 815/212-6279. For more information on LSSI, visit www.LSSI.org or LSSI's Facebook page.

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