

NEW WALKING CLUB



Senior Services Center of Will County

Member Benefits:

- Dri Fit Long Sleeve T-Shirt
- Monthly social gatherings
- Gait Analysis
- Walking Shoes Analysis and Fitting
- Early Bird Shopping Events
- And Much Much More

Cost is \$25 annually. Walking club meets every Monday and Wednesday weekly. Walkers begin at 7:30 A.M. by the entrance to Panera Bread. Don't miss this opportunity to join a walking club that will take you places!

Directly following the Walking Club join us for a **free breakfast** with speakers provided by Provena St. Joseph Medical Center:

January 11:	Nutrition
February 8:	Heart Month
March 14:	Sleep Disorders
April 11:	Irritable Bowel Syndrome
May 9:	Arthritis
June 13:	Stroke
July 11:	Back Pain
August 8:	Joint Replacement
September 12:	Memory Talk
October 10:	Breast Cancer
November 14:	Diabetes
December 12:	Holiday Party

SIGN UP NOW!



Call **815-723-9713** for more information.