



FEATS OF FITNESS

MALL WALKING PROGRAM AT GOLF MILL

MONDAYS - SATURDAYS
8:00 - 10:00 AM

MARCH 14, 2012
9:00 - 10:00 AM

“CHAIR AEROBICS”

JOIN CERTIFIED PERSONAL TRAINER JOANN KITCHING AS SHE DEMONSTRATES THIS CARDIOVASCULAR, STRENGTHENING, BALANCING, STRETCHING AND BREATHING EXERCISE. THE PRESENTATION WILL ALSO INCLUDE DELICIOUS FREE COFFEE PROVIDED BY THE GOLF MILL CAFÉ (LOCATED NEAR MALL ENTRANCE #6).

JOIN US EVERY SECOND WEDNESDAY OF THE MONTH FOR
BLOOD PRESSURE SCREENINGS & HEALTH SEMINARS

FOR MORE INFORMATION CALL
GOLF MILL MANAGEMENT OFFICE: 847.699.1070

*FREE REFRESHMENTS

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