

Christian Community Walking Club Extended!

Where:

Vaughan Athletic Center
2121 W. Indian Trail
Aurora, IL 60506

When:

Saturdays

(November 7th, November 14th,
November 21st & November 28th.)
at 7:00 AM – 8:00 AM

Cost:

Vaughan Indoor Track
\$1 for ages 62+, \$2 for
residents <62 & \$3 for
non-residents

For More Information:

Contact Faith Community Nurse,
Faith Nyong,
Faith.Nyong@Presencehealth.org or
call 630.898.7727 X13 and leave
a message.



WE are moving forward, don't get left behind...

What if you could lose weight, lower your cholesterol, blood pressure, blood sugar, decrease your risk for heart disease, cancer and joint pain and have FUN doing it?

You CAN!!! Get started & walk with us.....

Join us as we continue this exercise adventure on Saturdays thru November 28th!

Your journey to the healthiest you continues...



American
Heart
Association®

Fox Valley Christian Ministerial Alliance



Fox Valley
Park District
where fun begins



Presence[™]
Mercy Medical Center

Walgreens
AT THE CORNER OF HAPPY & HEALTHY[™]