

ECRWSS POSTAL CUSTOMER



2018 **Just DANCE**
for your health

Thurs., April 19, 6pm-9pm



**100 W. 197th Pl.,
Chicago Heights**

10 minutes east of I-57, off Vollmer Road

Just Dance for Your Health parking available
in Prairie State College Lot E, north of Vollmer
Rd., and Lots C and D, south of Vollmer Rd.



Entrance is at the southwest corner
of the Fitness Center

Celebrate good health!

Be part of the biggest dance party for better health. Bring a guest to dance, listen to music, participate in health screenings and learn about simple and fun ways to stay healthy.

Instructional Dance

led by Franciscan Fitness Center Instructors

Music by DJ Anthony Malloy

FREE Heart Health Screenings

- Blood Glucose
- Blood Pressure
- Bone Density (Osteoporosis)
- Pulmonary (Spirometry)
- Body Mass Index
- Pulse Oximetry (Blood Oxygen Levels)
- Hepatitis C

FREE Raffles & Giveaways

FREE Refreshments

While quantities last

**FREE 5-Minute
Chair Massages**

FREE Health Club Tours

Must reserve at registration

FREE Child Care Services

Space is limited. Must reserve at registration

**MEET Franciscan Health Physicians,
Clinicians & Experts**

**Admission is FREE,
but SPACE IS LIMITED.**

Limit 1 guest per registrant.

**For Reservations, call
1-866-790-2229 or visit
FranciscanHealth.org/
InspiringWomenSouthland**

*Free screenings and giveaways available on a
first-come, first-served basis, and while supplies last.*