



In Celebration of National Senior Health & Fitness Day

Buehler YMCA Presents the:
3rd Annual Senior Lifestyle Expo

Wednesday, May 28, 2008
9 a.m.-1 p.m.
Buehler YMCA - Main Lobby

FREE

Event Participants:

- Northwest Community Hospital
- Van Ness Chiropractic
- Seattle Sutton
- Buehler YMCA
- Suburban Hearing Service
- Sunrise of Barrington
- Alexian Brothers Hospital Networks
- Palatine Police Department
- ChiroOne Wellness Center
- Lutheran Home & Services
- Shaklee Distributors

Screenings & Other Activities

- Chair Massage;
- Blood Pressure Screening;
- Posture, Balance, Gait Screening;
- Body Fat Screening;
- Glucose Screening;
- Stress Assessment;
- Wellness Screening;
- Hearing Screening

Fitness Demos

- Zumba Gold – 10:30-11:00 a.m.
- Senior Fit – 11:00-11:30 a.m.
- Yoga – 11:30 a.m.-Noon

