

Join us  
for a  
fun  
afternoon:

Thursday,  
January  
19th

1:30 p.m.  
Town Center



Presented by:  
Kristin Stupka  
Wesley Willows  
Wellness Coordinator

# Winter Warm Up!

Attend this special  
presentation to learn how to  
*stay active,  
healthy,  
and happy*  
through the long,  
cold winter months:

- Exercises that can be done in the warmth of your own home
- Emotional and social benefits of exercise
- How your environment can affect your overall health and wellness
- Nutrition that can help you stay energized and healthy

**Exercise Demonstrations · Delicious, Healthy Treats · Giveaways · Tours**

Please call to  
RSVP by  
Thursday,  
January 12th

**(815) 316-1500**

[www.WesleyWillows.org](http://www.WesleyWillows.org)



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