



Exclusive 2019 Illinois Health Plan Sponsor:



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Event Date: May 29, 2019 • Theme: “Live and Thrive with Exercise!”

Here are a few of the many *National Senior Health & Fitness Day*[®] events being held in Illinois on Wednesday, May 29th. These Illinois events also feature participation by our official 2019 State Event Sponsor, Allwell from IlliniCare Health. We thank Allwell from IlliniCare Health for their support of *National Senior Health & Fitness Day* in Illinois.

On May 29th, more than 1,000 local organizations across the country will be hosting health and wellness activities for 100,000+ seniors, as part of the nation's largest older adult health and wellness event. For more details about the 26th annual *National Senior Health & Fitness Day*, visit: www.fitnessday.com, or e-mail: info@fitnessday.com.

Please call the event contacts below for details about their events:

Galter Life Center, 5157 N. Francisco Ave., Chicago, IL
Event Contact: Karen McAuliffe, Phone: (773) 524-8105

H-F Racquet & Fitness Club, 2920 W. 183rd Street, Homewood, IL
Event Contact: Tricia Butcher, Phone: (708) 799-1323

Howard Brown Health Clark, 6500 N. Clark St., Chicago, IL
Event Contact: Kelly Rice, Phone: (773) 388-8894