ENJOY 20 DAYS OF FITNESS FOR ONLY $20!

- Full access to the Fitness Center (no restrictions on days or times)
- Towel service
- Locker room

Offer ends February 29, 2020.*

*Passes run 20 consecutive days from purchase date

Contact Roseann Giangiorgi at 847.810.3937 or email giangior@cityoflakeforest.com for more info.

Lower your risk of heart disease!

- Eat Healthy and get active
- Watch your weight
- Quit smoking
- Control your cholesterol
- Take steps to prevent type 2 diabetes
- Manage stress

Visit www.healthfinder.gov for more tips.