

SIT & BE FIT CLUB



HERITAGE CENTER
SENIOR & COMMUNITY FACILITY OF BENSENVILLE

YOUR HEALTH, OUR PRIORITY !

THURSDAYS
10:00A

Heritage Center - Forever Young Club
FREE Membership Required (60yrs+)

Resident Members: FREE
Non-Resident Members: \$2.00

BENEFITS:

Increase Flexibility

Increase Mobility

Increase Strength

Improve Balance

Reduce Stress



MORE INFORMATION



630.350.3426



www.bensenville.il.us



12 S Center Street, Lower Level
Bensenville, IL 60106