

August Monthly Calendar of Events 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Northwestern Medicine Lake Forest and Lindenhurst Health and Fitness Centers		1	2	3	4	5
		<p>Our Annual 5K is Sunday, September 10. Register at www.lakeforesthfc.com/5k to participate, sponsor or donate. Contact HFC5k@nm.org for more information. PROMO CODES: LFHFCM = 10% off LHHFCM = 10% off</p>				
		6	7	8	9	10
		Video Cycle Ride 9:15-10:30 a.m. Must pickup bike tag at Front Desk	Parkinson's Support Group 10 a.m.-12 p.m.	Complimentary Bioelectrical Impedance Analysis 4:00-5:00 p.m. Lobby		Tails n' Trails Dog Walking Event 10 a.m. Register at Front Desk Outdoor Yoga 4:00-5:15 p.m. Register at Front Desk
13	14	15	16	17	18	19
			Complimentary Bioelectrical Impedance Analysis 11:30 a.m.-12:30 p.m. Lobby		FitKids Water Day On playground	
20	21	22	23	24	25	26
'Look Good Feel Better Mondays' Monday, 8/21 6-8 p.m. Learn beauty techniques during cancer treatments 1.800.227.2345 Lake Forest Hospital	Pools & Showers Re-Open! Arthritis Member Registration Begins Today!	Complimentary Bioelectrical Impedance Analysis 9:00-10:00 a.m. Lobby	Living Beyond Cancer 6:30-8:00pm Banquet Room Call 847.535.7441 to register		FitKids Water Day On playground	
27	28	29	30	31	<u>Labor Day is Monday, September 4.</u> Facility Hours: 7a-1p FitKids Club: 9a-12p Café: Closed There will be a revised Group Exercise Schedule Saturday, 9/2 - Monday, 9/4.	
	Arthritis Nonmember Registration Begins Today!		Foam Roller Class Challenge Take 6 classes June-August and receive a gift! Pick up a punch card at Front Desk			

