







## October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Massage Therapist of the Month</b> Enjoy a 20% discount off a single one hour massage with <b>Richard</b> during the month of October! To schedule an appointment contact the front desk at 847.535.7060</p>	<p><b>1</b></p> 	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>
<p>Reminder! The pool will be closed for annual maintenance from Monday, October 1 through Sunday, October 7, 2018 and reopen on Monday, October 8, 2018. You are welcome to use the Lindenhurst Health &amp; Fitness Center facility during this time.</p>						
<p><b>7</b></p> 	<p><b>8</b> Columbus Day</p> 	<p><b>9</b> National Stop Bullying Day</p>	<p><b>10</b> Parkinson's Support Group Monthly Meeting 10 am – 12 pm Held in Banquet Room. Registration is not required</p> <hr/> <p>Stepping Up to Woman's Health 5:30 – 8pm at NWLF hospital</p>	<p><b>11</b></p> 	<p><b>12</b></p> 	<p><b>13</b> Parkinson Symposium 8:30am – 12:30pm Held at NWMH in Chicago. For more information call 877-926-4664</p>
<p><b>14</b> Make Strides Against Breast Cancer 9am in Libertyville see website for details- <a href="http://www.makingstrides.acs.org/events/">http://www.makingstrides.acs.org/events/</a></p> <p>Parkinson's Moving Day! Visit the below website for more details. <a href="https://movingdaywalk.org/event/moving-day-chicago/">https://movingdaywalk.org/event/moving-day-chicago/</a></p>	<p><b>15</b> <b>Need Party Space?</b> Reserve our banquet room for your next meeting, party, luncheon or shower. Contact Tina at 847-535-7042 or <a href="mailto:tmoudy@nm.org">tmoudy@nm.org</a></p>	<p><b>16</b> Boss's Day</p>	<p><b>17</b></p>	<p><b>18</b> National Chocolate Cupcake Day</p> 	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>21</b> Next Team Training session starts on Oct. 29<sup>th</sup>! Register at the Front Desk to secure your spot!</p> 	<p><b>22</b></p> 	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p> 	<p><b>26</b></p>	<p><b>27</b></p> 
<p><b>28</b> As a reminder, no pictures or videos are ever allowed to be taken at Lake Forest Health and Fitness Center</p>	<p><b>29</b> Tired of bringing in your workout gear every day? <b>RENT A LOCKER!</b> Contact Tina @ 847-535-7106 for more information</p> 	<p><b>30</b> National Candy Corn Day</p> 	<p><b>31</b> <b>Member Halloween Bingo</b> 12-1 pm Food, fun and prizes for the best costume- will be determined by vote! Registration at the front desk required.</p>	<p><b>Try the Trainer at Lake Forest Health and Fitness!</b></p> <p>Enjoy a complimentary 30 minute Personal Training Session with Aaron Santos. Availability is between 12 and 2 pm. Space is limited so be sure to reserve your spot TODAY! To register email Aaron at <a href="mailto:asantos@nm.org">asantos@nm.org</a>.</p>		