

TIME	GROUP FITNESS	WATER ACTIVITIES	RECREATION AND WELLNESS	COMMUNITY HEALTH	VENDOR FAIR AND LUNCH
7:15 a.m.	Y Foundations Fitness 7:15-8 a.m. <b>Studio A</b> Nancy		7:15-11:30 a.m. Wellness Center Track		
8 a.m.					
8:15 a.m.	Cardio/Strength (Lite) 8:15-9 a.m. <b>MPR</b> Lauren	Aqua Cardio 8:15-9 a.m. <b>Pool</b> Nancy			
9 a.m.					
9:15 a.m.		Aqua Cardio 9:15-10 a.m. <b>Pool</b> Nancy			
9:30 a.m.	Cycle Lite 9:30-10 a.m. <b>Studio C</b> Steph			9:30-11:30 a.m.	9:30-11:30 a.m.
9:45 a.m.				Tours of the Northwestern Medicine Mobile Stroke Unit <b>Outside Door 4</b>	Vendor Fair Visit our many vendor tables and receive helpful information on their services.
10 a.m.		Water Volleyball 10-11 a.m. <b>Pool</b>	10-11 a.m. Racquetball <b>Court 4</b> Registration Required and Wellness Center Track	Blood Pressure Checks with COD Nursing Program <b>Y Lounge</b>	Enter into a raffle at the Y's vendor table! <b>Gym</b>
10:15 a.m.					
10:30 a.m.	Balance 10:30-11:15 a.m. <b>Studio B</b> Nancy				
10:45 a.m.					
11:00 a.m.			Wellness Center Track		
11:15 a.m.					
11:30 a.m.					11:30 a.m. to 12:30 p.m.
12:30 p.m.					Lunch Enjoy the musical talents of Craig Mathey while enjoying a delicious lunch sponsored by Milton Township <b>Gym</b>

## Thank you to our sponsors and vendors:

1776 Senior Care  
2nd Family Home Care and Support Services  
Allison Borton, Realtor with the Thornton Team  
at Keller Williams Premiere Properties  
Alzheimer's Association  
BrightStar Care  
Chicago Pelvic Health and Wellness  
College of DuPage Nursing Program  
DuPage County Community Services

DuPage County Veterans Assistance Commission  
Entrée Kitchen  
Gift of Hope Organ & Tissue Donor Network  
Glen Ellyn Bank & Trust  
Glen House Food Pantry  
Just Right at Home  
Local Glass Studio  
Milton Township

Molina Health Care  
Northwestern Medicine Mobile Stroke Unit  
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