

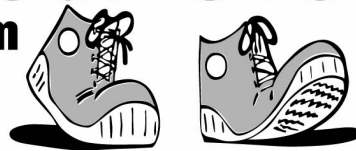
**Public
Welcome!**

**You Are Invited
to the**

State's

Largest

The Silver Sneakers®
Fitness Program



FREE!

**Class, Senior Resource
Fair & Social**

Tuesday

May 26, 2009

10 a.m.-2pm

at the

Pav YMCA

2947 S. Oak Park Ave.

Berwyn, Illinois

**Fun for all
abilities!**

**YMCA
Membership
NOT required!**

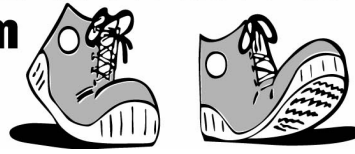
**Let us know you're coming! Pre-register for event # 09MAY 01777-01.
Call the Pav YMCA at (708) 749-0606 today!**

**This TYLENOL® Keep Moving event is generously sponsored by
a grant from McNeil Consumer Healthcare.**

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

The Silver Sneakers® Fitness Program



The Pav YMCA is host to the state's largest **SilverSneakers® Fitness Program**. This fitness program is greatly supported by Humana Health Care and AARP's initiative to help older adults, age 55 and over, to maintain good health and stronger bodies through regular physical activity. In fact, there is a tremendous wealth of evidence that proves regular physical activity and remaining connected to community are two of the most important elements to healthy aging.

Pav YMCA celebrates active aging by hosting this **TYLENOL® Keep Moving** event — **State's Largest SilverSneakers® class, Senior Resource Fair & Social**— through a generous grant from **McNeil Consumer Healthcare**. We encourage anyone over age 55 and those who may be suffering from arthritis to stay active and manage pain through increased regular physical activity and healthy living. Join us!

The event will be held on **Tuesday, May 26, 2009, from 10 a.m. to 2pm**, in the Pav YMCA's gymnasium, located at 2947 South Oak Park Avenue in Berwyn, Illinois. **The 30-minute class —perfect for seniors and other arthritis sufferers— will begin at 10:30 a.m. YMCA membership is not required.** After the formal exercise class concludes, enjoy our Senior Resource Fair, a healthy lunch and Senior Social.

Come on! Grab your friends and neighbors and help us beat our own record for the State's Largest SilverSneakers® Class!

Help us to plan this event and RSVP to the Pav YMCA by calling (708) 749-0606 today!!

Event # 09MAY 01777-01



YMCA
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