

LECTURE TOPICS FOR 2007

The First Wednesday of every month from 7:30 pm to 9:00 pm in the Community Education room at Good Shepherd Hospital Health & Fitness Center. To register or get more information call 847-620-4500.

FEBRUARY:

Working Smarter Not Harder: Make the most of 60 minutes by using all aspects of the Fitness Center

MARCH:

National Nutrition Month: What Is A Healthy Diet?

APRIL:

Run / Walk Yourself into Shape

MAY:

Get Your Exercise Program in Shape for Summer

JUNE:

Men's Health / More Than Just Exercises

JULY:

Functional Training: Exercises For Daily Life & Sport

AUGUST:

Seniors & Fitness (touch on ADL's, osteoporosis, cardiac, regular exercise, and arthritis)

SEPTEMBER:

Surviving Cancer With Exercise

OCTOBER:

Get To Know Our Group Exercise Classes