



SPECIAL EVENTS

The South Holland Parks and Recreation Department is proud to provide a variety of events for all interests with the best possible service at the best price. To provide a wider variety of trips, our department is working in conjunction with other groups such as Senior Advantage. This allows us to offer more options for your enjoyment. Many of our trips have a limited number of spaces available. You are urged to sign up early and before deadlines to guarantee your place on an outing and to avoid disappointment.

Participants with difficulties in walking or unable to traverse long distances should make themselves aware of ALL activities on each trip to be sure it is one that can be managed. **REFUNDS ARE ONLY GIVEN IN THE EVENT OF AN ACTIVITY CANCELLATION.** We are not responsible to resell your ticket should you not be able to attend.

WALKING CLUB MEMBERS (WCM) receive discounts on many of our outings. You must be a Walking Club member in order to receive these discounts and the bi-monthly newsletters updating outings and events. To become a member, register at the Community Center.

INGALLS HOSPITAL

HEART SMART FOR WOMEN

- AGES:** 18 and Older
- WHERE:** Community Center
- WHEN:** February 14 to May 1, 2007
- DAY:** Thursday
- TIME:** 11:00AM to 12:00PM
- MIN/MAX:** 8/20
- FEE:** \$10.00

Don't miss out!! The Heart Smart for Women program is a 12-week series that will help you get started and stay active - for a lifetime! You'll learn simple strategies for fitting physical activity at home, work and play. The classroom based program is made possible through a Grant from the Women's Health Division of the Illinois Department of Public Health and the Ingalls Wellness Center.

MONEY 102: Solving the Maze of Money

NEW

WEDNESDAY, FEBRUARY 13, 2008
7:00PM TO 8:00PM

Join Dr. Hank Holevinsky for this short, informative, and fun seminar. Participants will learn how to solve the "Maze of Money" to begin a journey towards financial sanity. Participants ages 17 and older will benefit from this seminar.

There is no charge for this seminar, however pre-registration is required by February 11, 2008.

