

FREE EVENT



GO ZION

Tuesday, July 14th at 6:00pm
Leisure Center - 2400 Dowie Memorial Drive

Information is subject to change as additional guidelines become available from state-wide agencies providing safety guidance regarding the Restore Illinois Plan.



7 Benefits of walking:

Improves mood

Better sleep

Helps maintain a healthy weight

Strengthens bones and muscles

Improves balance and coordination

Slows mental decline associated with aging

Helps manage heart disease, high blood pressure & type two diabetes

Register online at ZionParkDistrict.com
or by phone at 847-746-5500 Monday-Friday 8am-4pm or Sat 8am-2pm.
For registration questions, email us at info@zionparkdistrict.org.