



MOVE WITH CONFIDENCE

St. Bernard
Ambulatory Care Center
3rd fl Conference Room 6307 S. Stewart Ave
Chicago, IL 60621

FRIDAY 09:00A–10:00A

OCTOBER 9,
OCTOBER 16,
OCTOBER 23,
OCTOBER 30,



Scan the QR code
or call 773-420-1573
to reserve your spot



PROGRAM GOALS:

- Improve cardiovascular endurance
- Increase balance and mobility
- Strengthen lower-body muscles
- Enhance energy levels and mood
- Promote social engagement