

Get To Know! DUNELAND!



INFORMATION... FAST & FUN



**Please join us for our 8th anniversary celebration on
Thursday, January 28, 2010
5:00pm – 7:00pm**

- ***Fitness Classes***
- ***Personal Trainers***
- ***Chair Massages***
- ***Refreshments***
- ***Give-Aways!***

Participate in 15 minute demonstrations of the following fitness classes:

- ***Aqua Zumba***
- ***Body Combat***
- ***Pilates E-Fit***
- ***Core Training***
- ***Cycling***

 Sisters of St. Francis Health Services
SAINT MARGARET MERCY
SAINT ANTHONY MEMORIAL

*For more information or
to register for this event,
please call, 219-983-9832.*



DUNELAND

HEALTH & WELLNESS INSTITUTE

810 Michael Drive • Chesterton, IN 46304