

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

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