

**Current Members
Are Welcomed....**

Ask How You Can Win
A **FREE** Personal
Training Session!

Shirley Ryan
AbilityLab

Please join us for the

Shirley Ryan AbilityLab Fitness & Wellness Expo

Saturday, September 14, 2019 • 9 am - 1 pm
541 N Fairbanks Court, Mezzanine Level

The Shirley Ryan AbilityLab Sports and Fitness Center will host a Fitness & Wellness Expo, offering a variety of free workshops and classes. The first 25 attendees will get a prize at the door and there will be a free drawing every hour. Light refreshments will be served.

Sign up for a Fitness Center membership and the registration fee will be waived!

Free Classes

- 10 am – Boxing
- 11 am – Wheelchair Maintenance
- 12 pm – Flex-Ability

Free Workshops

- Health Screenings
- Exercise Prescriptions
- 11 am - 1 pm – Massages

TO RSVP CALL 312.238.5001 (space is limited)

Highlighted vendors



Open Doors
Organization



Chicago's Centralized
Wheelchair Accessible Dispatch

