

# Salute to Health!



The Oak Lawn Park District is proud to introduce the Salute to Health Program serving our local veterans. Salute to Health provides gym memberships and 10 hour long personal training for veterans of all ages and conflicts. THANK YOU for your service to our country.

Open to: Veterans of all ages, with an Honorable Discharge and a service-connected injury/disability who are residents of the following towns: Oak Lawn, Bridgeview, Burbank, Chicago Ridge, Crestwood, Evergreen Park, Hometown, Justice, Palos Hills & Summit.

Where: Gym memberships and personal training sessions are held at the Oak Lawn Pavilion (94th and Oak Park Avenue) or the Racquet, Fitness, and Gymnastics Center (104th and Central Avenue)

If you are interested in joining the Salute to Health program or need more information, please contact Jacqueline Canty, Veteran Service Coordinator at 708.857.2200 or [jcanty@olparks.com](mailto:jcanty@olparks.com).

We have many FREE social gatherings for veterans in the community, please contact Jacqueline Canty at 708.857.2200 or [jcanty@olparks.com](mailto:jcanty@olparks.com) to be put on the email list to receive invites and updates!

The Oak Lawn Park District is committed to serving all current and past veterans. We hope you and your families find the new services below to suit your needs. As always, we are accepting suggestions for new programs we can offer to serve your needs.

Please contact Jacqueline Canty, Special Recreation Coordinator, at 708.857.2200 or [jcanty@olparks.com](mailto:jcanty@olparks.com) with any suggestions.

As always, thank you for your service to our country.

## Pack-a-box for a Soldier

Would you like to give back to a soldier who is currently serving overseas? Come join Jacky Connelly and her expert soldier box packers on most Friday nights in order to ensure our soldiers serving overseas get a friendly surprise! Please call Oak View Center at 708.857.2200 for a list of dates to pack-a-box! Also, donations of non-perishable items for the soldier boxes are always taken at Oak View Center.

Call Jacqueline Canty, 708.857.2200 for more information.

Time: 7:30-9:30P

Dates: Fridays

Location: Oak View Center

## Freedom Golf Association Monday Clinics at Stony Creek



Freedom Golf will be providing free adaptive golf lessons to wounded veterans & special needs individuals in the Golf Simulators. The weather won't spoil your swing as clinics will be held indoors. Our coaches will teach a 10 week program that will cover grip, stance, alignment, chipping, pitching, & full swing. Every Monday from 5:00-6:00pm. Run dates are Monday, October 5th - December 7th. Come get golf ready!

SIGN UP at [www.fgagolf.org](http://www.fgagolf.org).

