

Salute to Health!



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 with any suggestions.

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

Yoga to Transform Trauma: Circle of Hope: A Peer-Support Group + Yoga Class for Those Affected by Trauma

Circle of Hope classes are confidential classes that marry a peer-support, group sharing experience with a trauma-informed yoga class that is specifically designed to be sensitive towards those individuals who have experienced trauma or have struggled with its effects. Teachers have been specially trained in trauma-sensitive yoga. This is for anyone directly impacted by trauma, as well as friends, family members or others that have been vicariously affected. For more information please go to mcgovernfitness.com or yogatoformtrauma.org. Please feel free to join this program at any time during the session. (ms)

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Instructor & Personal Trainer

Code	Day	Dates	Time	Res/NR
407236-01	W	3/27-5/29	6:30-8:15P	Free

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: 8:00-10:00P

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 8th-December 3rd, 2018. Come get golf

ready! SIGN UP at www.fgagolf.org.

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 and Palos Hills.

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.

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