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Thank you to our general sponsors!



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Document the activity you perform each day along with the length of time.

Please return your log between June 16- July 1 to events@elderwerks.org

or

Mail/Drop off at Elderwerks
251 E. Northwest Hwy
Palatine, IL 60067



Please reach out to Elderwerks if you would like more information on any of our sponsors.

Elderwerks provides complimentary information, referrals and guidance for all types of senior housing, home care, support services, and benefits based on you or your loved ones needs.

Have an aging question?

Call Elderwerks at 847-462-0885

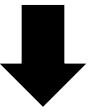
- Senior Living Coordination
- Advocacy
- Education

A special thank you to the FJK Private Foundation for their support!

Elderwerks is a not-for-profit 501c(3) organization.

Name: _____

Start here May 15th



Stepping Out to Fitness Monthly Log







May 16-22

May 23-29

May 30-June 5

June 6-12

June 13-15

	SUN	MON	TUES	WED	THURS	FRI	SAT
	Stepping Out to Fitness Monthly Log						
May 16-22							
May 23-29							
May 30-June 5							
June 6-12							
June 13-15				“Do something today that your future self will thank you for.”		