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

Please return your log between July 16- July 30 to [events@elderwerks.org](mailto: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!

# Stepping Out to Fitness Monthly Log

	SUN	MON	TUES	WED	THURS	FRI	SAT
June 16-19		Continue here on June 16th 					
June 20-26							
June 27- July 3							
July 4-10							
July 11-15							
<p><b>“It’s never too early or too late to work towards being the healthiest you.”</b></p>							

Name: \_\_\_\_\_