

Aging Well Neighborhood Events

February 2024

Hello Neighbors! Below is our February event schedule. Join us all month long for informative seminars, health programs, fitness, entertainment, and more! Check out our full schedule below and in the attached calendar summary. We hope to see you soon!

We encourage you to share our class schedule with friends, family, and neighbors, near & far, of any age – everyone is welcome to join us. Thank you all for being a part of the Aging Well Neighborhood! Today is a good day to age well.

****FOR QUESTIONS ABOUT ANY OF THE AWN PROGRAMS, please email AWN@agingcareconnections.org ****

FEBRUARY AWN Event Summary – Details about each event are listed further below in this email

FITNESS

- **Cardio Fitness** | Tuesday February 6 | 1:05-2:00pm | Zoom or In-Person: IMPULSE - Westchester
- **Total Mind & Body Workout** | Wednesday February 7 | 10:15-11:15am | Virtual class – workout at ACC or log in from your home
- **Senior Strong Fitness** | Tuesday February 13 | 11:15am -12:15pm | Virtual class – workout at ACC or log in from your home
- **Chair Yoga** | Tuesday February 20 | 1:05-2:00pm | Zoom or In-Person: IMPULSE - Westchester
- **Total Mind & Body Workout** | Wednesday February 21 | 10:15-11:15am | Virtual class – workout at ACC or log in from your home
- **Senior Strong Fitness** | Tuesday February 27 | 11:15am -12:15pm | Virtual class – workout at ACC or log in from your home

AGING WELL

- **Blood Pressure Readings** | Wednesday February 7 | 12:30-1:00pm | In-Person: Village of McCook
- **Become a Dementia Friend** | *Earn a Dementia Friend certificate for attending this program* | Friday February 9 | 1:30-2:30pm | In-Person: ACC
- **HUH - Help Us Hear** | *Support & learning group for those with hearing loss* | Tuesday February 13 | 1:30-2:30pm | In Person: ACC
- **Strategies for the Senior Living Search** | *Learn more about the best way to find the perfect senior living situation* | Tuesday February 27 | 1:30-2:30pm | Zoom or In-Person: ACC

LIFELONG LEARNING/ENTERTAINMENT/SOCIAL

- **ALL MONTH LONG!** | **Friday Morning Men's Regulars** – *Discussion & social group* | **Every Friday** | **9:00 am -11:00 am** | In-Person: St. Barbara's Parish Center, Brookfield
- **Act II Creative Writers' Discussion** | Monday February 5 | 11:30 am -12:10 pm | Zoom
- **McCook/Hodgkins Monthly Movie** – *Groundhog Day (1993)* | Wednesday February 7 | 1:00-2:45pm | In-Person: Village of McCook
- **Art & Ice Cream** | Thursday February 8 | 2:30-3:30pm | In-Person: ACC
- **Monthly Monday Matinee** – *Little Women (2019)* | Monday February 12 | 3:30-5:45pm | In-Person: ACC
- **Winter Book Club** – *All Creatures Great and Small* by James Herriot | Friday February 16 | 2:30-3:30pm | Zoom or In-Person: ACC
- **Act II Creative Writers' Discussion** | Monday February 19 | 11:30 am -12:10 pm | Zoom
- **Book Discussion at ACC Congregate Meal Program** – *The Book Thief* by Markus Zusak | Monday February 26 | 12:30-1:30pm | In-Person at Salerno's Pizzeria & Sports Bar, Hodgkins
- **Leap Year Craft & Cupcake Creations** | Thursday February 29 | 1:30-2:30pm | In-Person: ACC

Looking for more opportunities for fun and socializing? In addition to AWN events, join us for these other ACC events in February!

Aging Care Connections Memory Café

ACC's Caregiver Specialist team offers Memory Café events and outings throughout the year for individuals with memory loss/dementia and their caregivers. Memory Café events provide snacks, socialization, and activities in a supportive and fun environment. There is no cost to participate. *Funded in part by Age Options.*

February Memory Café Event: Paint, Socialize, Snack, and Have Fun!

When: Friday February 23, 11:00 am -12:30 pm

Where: Bottle and Bottega, 1 W. Harris Ave, La Grange

Who: Caregivers and the person they are caring for with some memory loss

RSVP by February 19 ~ Spaces are limited. For more information or to reserve your spots, email Sharlyn Pech at spech@agingcareconnections.org

Aging Care Connections lunch program at Salerno's in Hodgkins

ACC Lunch program: ACC offers a daily nutritious lunchtime meal for a suggested donation of \$3.00. Meals are served Monday through Friday from 11:30 a.m. to 1:00 p.m.

Featured February events:

- Bingolike – Thursdays
- Bingo – Tuesday February 13
- Valentine's Day Party – Wednesday February 14

- Trip to Drury Lane – February 25
- Book Discussion – *The Book Thief* by Markus Zusak - Monday February 26

Where: Salerno's Pizzeria and Sports Bar, 9301 W 63rd St, Hodgkins

February lunch menu is attached. More details on the ACC nutrition program are available here: <https://www.agingcareconnections.org/nutrition.html>

For more information or to register for lunch and any special events: Contact Deb Denny at 708-603-2269. *Spaces are limited.*

PHOTO RELEASE STATEMENT: Aging Care Connections reserves the right to photograph participants during programs and events for marketing purposes. Photos may be used for brochures, flyers, websites, social media, and other public relations materials.

Aging Well Neighborhood Events | February 2024

For questions about the programs listed below, please email AWN@agingcareconnections.org.

ALL MONTH LONG! | Friday Morning Men's Regulars – Discussion & Social group | Every Friday | 9:00am -11:00am | In-Person

FRIDAYMORNING REGULARS is a senior men's discussion group that meets every Friday to tackle current events topics of interest, plus enjoying coffee and a snack. New members are always welcome and encouraged to stop by.

Where: St. Barbara's Parish Center, 4000 Prairie Avenue, Brookfield

Questions? Contact Jim Matthews at 708-308-4420

Monday February 5 | 11:30am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

Facilitator: Gina Millette – Act II Seniors Club

Click this link to join:

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWck14KzVNVIN5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

Tuesday February 6 | 1:05-2:00pm | Cardio Fitness | Zoom or In-Person at IMPULSE

Get your heart rate going and blood pumping with standing exercises that will improve your cardiovascular system and overall strength.

Instructor: Beth Gorman, MSPT, LVST certified, Co-Owner, IMPULSE Rehab and Wellness

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises. *Light hand weights or water bottles/cans are recommended for an added challenge.* Please read the waiver at the bottom of this email before joining this exercise class

Click this link to join:

[https://us02web.zoom.us/meeting/register/tZAlfuspjovH9ARX8N2wS_I5Om kAdIHlxm3](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAlfuspjovH9ARX8N2wS_I5Om kAdIHlxm3)

Password: awn123 | Meeting ID: 848 9248 1554

- **IN-PERSON:**

Where: IMPULSE Rehab & Wellness, 3075 S. Wolf Rd, Westchester

Reservations Required~Spaces Limited: Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

Wednesday February 7 | 10:15-11:15am | Total Mind and Body Workout | Virtual class: Watch & workout at ACC or log in from your home

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

VIRTUAL PROGRAM: Join us at ACC to watch and work out together or Join Zoom from your house

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Click this link to join:

[https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdYNxw](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdYNxw)

Password: awn123 | Meeting ID: 856 5113 2578

- **IN-PERSON WATCH ZOOM & WORKOUT:**

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations preferred ~ Spaces Limited: Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

Wednesday February 7 | 12:30-1:00pm | Blood Pressure Readings | In-Person: McCook

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday February 7 | 1:00-2:45pm | Movie time! — Groundhog Day | In-Person: McCook

“A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.”

Stars: Bill Murray, Andie MacDowell, Chris Elliott

1hr 41min | Rated PG | Comedy, Drama, Fantasy | U.S. Release Date: February 1993

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Thursday February 8 | 2:30-3:30pm | Art & Ice Cream | In-Person at ACC

Join us for some coloring, chatting, and ice cream, as we enjoy an afternoon of stress relief. Coloring can help quiet your mind and build concentration, which can support good mental health and promote overall wellness. According to the Mayo Clinic, “Relieving stress and anxiety can lead to a decrease in body aches, sleeping problems, fatigue, and possibly depression. Because coloring is a proponent for stress relief and mindfulness, it’s possible taking up this hobby can help ward off these conditions.” We provide all the supplies, and no artistic ability is required. Come take a break from your day and join friends to color, share stories, and enjoy the ice cream treat of the month!

Time: Drop-in anytime from 2:30-3:30pm

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registrations required: Contact Sarah Jewett at sjewett@agingcareconnections.org or 708-603-2277

Friday February 9 | 1:30-2:30pm | Become a Dementia Friend | In-Person at ACC

Would you recognize if someone in your community was struggling with Dementia? If so, would you know the best way to help the person? Individuals with Dementia are an integral part of our community, and should be treated with respect, kindness, and support to be as independent as possible. Becoming a Dementia Friend is a step you can take to support those with Dementia and those who care for them, as well as learn more about what you can do to help. Join us for

this brief overview of the Dementia Friends movement, and walk away with your certificate, denoting you as a Dementia Friend.

Presenter: Sarah Jewett, MA

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Contact Sarah Jewett at sjewett@agingcareconnections.org or 708.603.2277

Monday February 12 | 3:30-5:45pm | Monday Matinee — Little Women (2019) | In-Person at ACC

“In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.”

2hr 15m in | Rated PG | Drama, Romance | US Release: December 2019

Stars: Saoirse Ronan, Laura Dern, Timothée Chalamet, Meryl Streep

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations Preferred ~ Spaces Limited: Contact ACC at awn@agingcareconnections.org or 708-603-2259.

Tuesday February 13 | 11:15am -12:15pm | Senior Strong Fitness | Virtual class: Watch & workout at ACC or log in from your home

Functional fitness is a type of exercise that supports your everyday life, including your ability to walk, bend, push, pull, reach, squat, and more. Join the certified fitness trainers from Just Lift Fitness as they take us through a comprehensive workout that will support your functional fitness and help you improve your core strength, stamina, and flexibility. This class can be completed either sitting or standing and is appropriate for all fitness levels. Please read the waiver at the bottom of this email before joining this exercise class

Instructor: Just Lift Fitness LLC

VIRTUAL PROGRAM: Join us at ACC to watch and work out together or Join Zoom from your house

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Click this link to join: <https://us02web.zoom.us/j/84288696097?pwd=ZAVfGupz0qE9Pkkk05OE3sF3FjdmGpXBk2>

Password: awn123 | Meeting ID: 842 8869 6097

- **IN-PERSON WATCH ZOOM & WORKOUT:**

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations preferred ~ Spaces Limited: Contact ACC - Email awn@agingcareconnections.org or call 708-603-2259.

Tuesday February 13 | 1:30-2:30pm | HUH - Help Us Hear | Support & Learning Group for those with hearing loss | In-Person at ACC

Support and learning group for those with hearing loss and those that support loved ones with hearing loss. The purpose of HUH (Help Us Hear) is to share experiences with hearing loss and wearing hearing aids, utilize information obtained from the internet or other resources to help expand our knowledge of what help is out there, discuss what hearing loss organizations are doing and can offer, advocate for ourselves and others who may need our assistance, and learn about a variety of exercises and technology that can help enhance the quality of hearing life.

Facilitator: Carol Johnson

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Contact Sarah Jewett at sjewett@agingcareconnections.org or 708-603-2277

Friday February 16 | 2:30-3:30pm | Winter Book Club: *All Creatures Great and Small* by James Herriot | Zoom or In-Person at ACC

Anyone is welcome to join this book club to discuss this month's selection – *All Creatures Great and Small* by James Herriot. Whether you enjoyed the book, had a harsh review, or didn't quite finish, we thoroughly enjoy a lively discussion with light refreshments, so please take part!

Facilitator: Sarah Jewett, MA | AWN Outreach & Education Specialist | ACC

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Click this link to

join: [https://us02web.zoom.us/join/register/tZ0lcOGtrz4uG9AhqvUHESyFyiS20zVbFVUo](https://us02web.zoom.us/join/https://us02web.zoom.us/join/register/tZ0lcOGtrz4uG9AhqvUHESyFyiS20zVbFVUo)

Password: awn123 | Meeting ID: 898 78515414

- **IN-PERSON: Advance registration required ~ Spaces Limited**

Where: 111 W. Harris Ave. La Grange IL 60525

Reservations Required: Contact Sarah Jewett to register at 708.603.2277 or email: sjewett@agingcareconnections.org

Monday February 19 | 11:30 am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter

and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

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Passcode: fLA7kC | Meeting ID: 723 1975 1795

Tuesday February 20 | 1:05-2:00pm | Chair Yoga | Zoom or In-Person at IMPULSE

Chair Yoga is a modified version of traditional Yoga and offers all the same benefits. Yoga is an excellent way for older adults to loosen and stretch painful muscles, improve flexibility, reduce stress and improve circulation.

Instructor: Beth Gorman, Co-Owner and MSPT, Impulse Rehab and Wellness

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises. Please read the waiver at the bottom of this email before joining this exercise class

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Password: awn123 | Meeting ID: 848 9248 1554

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Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

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Click this link to join:

<https://us02web.zoom.us/j/85651132578>

Password: awn123 | Meeting ID: 856 5113 2578

- **IN-PERSON WATCH ZOOM & WORKOUT:**

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations preferred ~ Spaces Limited: Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

**Monday February 26 | 12:30-1:30pm | Book Discussion at Congregate Meal
Program: *The Book Thief* by Markus Zusak | In-Person at Salerno's**

Come for a meal and stay for a book discussion! We will be talking about *The Book Thief* by Markus Zusak. Copies of the book are available to borrow from the congregate meals program at Salerno's. Please join us for a lively discussion!

Facilitator: Sarah Jewett, MA | AWN Outreach & Education Specialist | ACC

Where: Salerno's Pizzeria & Sports Bar, 9301 W. 63rd St. Hodgkins, IL

Registrations required: Contact Deb Denny at 708-603-2269

**Tuesday February 27 | 11:15am -12:15pm | Senior Strong Fitness | Virtual program:
Watch & workout at ACC or log in from your home**

Functional fitness is a type of exercise that supports your everyday life, including your ability to walk, bend, push, pull, reach, squat, and more. Join the certified fitness trainers from Just Lift Fitness as they take us through a comprehensive workout that will support your functional fitness and help you improve your core strength, stamina, and flexibility. This class can be completed either sitting or standing and is appropriate for all fitness levels. Please read the waiver at the bottom of this email before joining this exercise class

Instructor: Just Lift Fitness LLC

ZOOM PROGRAM: Join us at ACC to watch and work out together or Join Zoom from your house

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Click this link to join: <https://us02web.zoom.us/j/9123456789>

Password:awn123 | Meeting ID:842 8869 6097

- **IN-PERSON WATCH ZOOM & WORKOUT:**

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations preferred ~ Spaces Limited: Contact ACC - Email awn@agingcareconnections.org or call 708-603-2259.

Tuesday February 27 | 1:30-2:30pm | Strategies for the Senior Living Search | Zoom or In-Person at ACC

The aim of this program is to raise awareness about Senior Living options and how to navigate the journey to find the one that is right for you or your loved one. Senior Living Consultant Tess Quinn, a neighborhood resident and registered nurse, will help participants learn what to consider when looking at the various senior living communities. Additionally, she will offer questions that participants can be equipped with when they tour different settings. Utilizing possible scenarios you may encounter on your journey, Tess will help prepare you for the best outcome in making this important decision!

Presenter: Tess Quinn, Senior Living Consultant, Senior Living Specialists

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Click this link to join: <https://us02web.zoom.us/j/84243557875>

Password:awn123 | Meeting ID:842 4355 7875

- **IN-PERSON:**

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Reservations Required - Spaces Limited: Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

Thursday February 29 | 1:30-2:30pm | Leap Year Craft & Cupcake Creations | In-Person at ACC

Leap Year doesn't come around every year, so it should be celebrated! Join us for an easy origami craft and cupcake decorating in honor of this special date. No previous experience is required, and all supplies will be provided. *There is a limit of 10 participants, so make your reservation quickly.*

Where: Aging Care Connections, 111 W. Harris Ave., La Grange

Reservations Required – Limit 10 Participants: Contact Sarah Jewett at sjewett@agingcareconnections.org or 708-603-2277

****FOR ANY QUESTIONS ABOUT THE AWN PROGRAMS, please email AWN@agingcareconnections.org ****

How to Join AWN Classes via Zoom

Join by computer

1. A few minutes before your class is scheduled to start, click the **Zoom link** that is listed earlier in this email for the class you want to join.
2. Next, click the “Zoom .exe” link that will appear on your computer screen. Zoom should direct you to this link with an arrow in a **large orange box** on your screen. After you click the link, Zoom should automatically and quickly download the Zoom software to your computer. (Note – you only need to do this step the first time you use Zoom on your computer)
3. Click on the “**Open Zoom Meetings**” box
4. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the class.
5. You should now be part of the class. Click the button that says “**Join with Computer Audio**”
6. Please make sure that your device’s speaker is on, and the volume turned up so you can hear the instructors.

Join by tablet or smartphone

1. If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time.
2. Once you have downloaded the Zoom app, follow the “Join by computer” instructions above

NOTES for all of our new online classes

- **Please click on the link to join the sessions BEFORE the scheduled start time to allow time for your computer or device to connect.**
- We will open up our Zoom meeting rooms 5 minutes before each class is scheduled to start.
- When the class actually starts, we will mute everyone so we don’t all hear each other’s background noise or the sound of new people coming into the class. You will hear and see the instructor, however.

Waivers for Joining Fitness Classes

This Agreement is entered into between Aging Care Connections and all Aging Care Connection members/attendees with Just Lift Fitness (Studio) and Impulse Rehab and Wellness (Studio). **ASSUMPTION OF RISK:** You agree that if you engage in any physical exercise or activity, including personal training, group training, and virtual workouts, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by Studio or otherwise, including injuries or damages arising out of the negligence of Studio, whether active or passive, or any of Studio’s affiliates, employees, agents, representatives, successors, and assigns. Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise), sidewalks, parking lots, stairs, or any equipment. You assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to weightlifting, walking, jogging, running, aerobic

activities, or any other sporting or recreational endeavor. You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Studio or otherwise. If you are engaged in online training, you acknowledge that you are not being monitored by any trainer and that there is no liability to the trainer, facility or studio if there is an injury sustained.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Studio (and Studio's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Studio, whether active or passive, or any of Studio's affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from Studio's or anyone else's negligent inspection or maintenance of the facility or premises, (e) training you undertake that is online only without the supervision of a trainer. The trainer will provide step by step instruction on completing the exercise in a safe manner but cannot monitor you while you are completing these exercises. If you are unable to complete the exercise due to physical limitation or lack of understanding DO NOT attempt. If you do attempt, you will be liable for any injury sustained.

ACKNOWLEDGMENTS: You expressly agree that the foregoing release, waiver, assumption of risk agreement is intended to be as broad and inclusive as permitted by the law in the State of Illinois and beyond, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, express assumption of risk. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against the Studio's negligence, or for any defective product used while receiving personal training, group training, or virtual training from the Studio(s). You have read and verbally agree to the waiver and release and will allow the AWN Online Fitness Classes to be recorded and published for future use, and further agree that no oral representations, statements, or inducement apart from the foregoing verbal agreement have been made.