



TOWNSHIP OF ORLAND

For Immediate Release
March 1, 2018

For More Information
(708) 403-4222

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Supervisor

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Clerk

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Assessor

Brian H. Younker
Highway Commissioner

Office Locations

Administrative Office
Assessor's Office
Youth & Family
Counseling Services
14807 S. Ravinia Ave.
Orland Park, IL 60462

Main Fax Number
(708) 403-4260

Administrative Office &
Assessor's Office
Telephone Number
(708) 403-4222

Youth and Family
Counseling Services Office
Telephone Number
(708) 403-4001

Highway Department Office
16125 S. Wolf Rd.
Orland Park, IL 60467
Phone: (708) 403-5148
Fax: (708) 403-5165

www.orlandtownship.org

ORLAND TOWNSHIP OFFERING THE LATEST TREND IN EXERCISE

Orland Township is now offering Ageless Grace®, the popular, cutting-edge brain fitness program that is designed for all ages and abilities. The exercises, based on everyday movements that are natural and organic, are done seated in a chair. The program focuses on anti-aging techniques that stimulate all five functions of the brain while simultaneously addressing the 21 physical skills needed for functional and comfortable living. Not only will you physically feel better after taking this class, your brain will as well.

Patrice Leeson, certified educator of the Ageless Grace® program, is passionate about life and living it to the fullest. Ageless Grace® is a program that she feels will keep the body and mind active which in turn will bring more years of happiness to those who part-take in the program.

The next session of Ageless Grace® begins Thursday, March 29th. All classes are held at Orland Township, 14807 S. Ravinia Avenue, Orland Park and meet once a week on Thursdays from 9:00 a.m. to 9:45 a.m. The fee for the 8-week session is \$48 for Orland Township residents (\$53 non-residents). Registration is open now and must be done in person at the Orland Township office. Space is limited, so don't miss out on this opportunity and register today.

The mission of Orland Township's Health Services department is to provide quality health services that meet the need of our residents, focusing on wellness, prevention, education, and safety. We strive to offer classes that meet the changing needs and schedules of our residents. Yoga, Strong & Fit, Tai Chi, Health Coaching, and Zumba Gold classes, all provide important health benefits in a safe environment with certified instructors who understand the importance of well-being.

Registration for all exercise classes is now open and must be done in person at the Orland Township office. Classes begin at the end of March.

For additional information, please call (708) 403-4222.

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