



Join us at the 4th Annual Hike For Lung Health

1 and 3 Mile Walk & Family Fun Fest

**October 3, 2010
at 10:00 a.m.**

Chicago—Lincoln Park
Palatine—Deer Grove Forest Preserve

Walk with us as a “Virtual Walker”

Being a virtual walker is the perfect option for those participating in a pulmonary rehab/support group or those who want to complete the distance over an extended period of time or who choose to walk in another town or state.

For More Information:
Call Gina Schwieger at
312.628.0210 or
Email to gms@lungchicago.org



RESPIRATORY HEALTH ASSOCIATIONSM
of Metropolitan Chicago