

16-001

Illinois Health Facilities and Services Board  
Ms. Courtney Avery, Administrator  
Illinois Department of Public Health  
525 West Jefferson 2<sup>nd</sup> flor  
Springfield, Illinois 62761

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HEALTH FACILITIES &  
SERVICES REVIEW BOARD

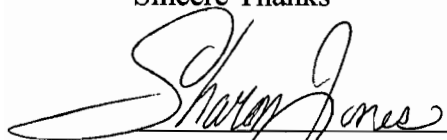
Feb. 11, 2016

Attention: Ms. Courtney Avery

Prior to joining Palos Fitness Center my health was on a rapid decline. I was on medication with the strong possibility of surgery. Therefore, my physician recommended that I join a health facility to help promote weight loss and long term health. During my search I toured several facilities, but they either did not offer the necessary services or were too far to travel, which is extremely important due to my visual problem which does not allow me to drive long distances. Palos Health and Fitness Center meets all of my need. Their nutritional services have guided me toward healthier eating practices, thus loss 65 pounds. The group fitness classes, swimming pool, and sauna all helps me to maintain a healthy weight as well as strengthen my immune system, which is the root of my illness. I have made extraordinary progress, and Palos Fitness Center is an intricate part of my treatment.

Finally, of equal importance are the relationships with staff and co-members which are irreplaceable. Palos Health and Fitness Center is not just a health facility but a life support system for myself and every other member that I have met there. Therefore I beseech those who have the responsibility of making the decision whether or not to close to consider the lives that are at stake from the parents that depends on the childcare services to the senior citizens that depend on the therapy and social activities that keep them going and enriches their lives.

Sincere Thanks



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