

# VETERANS

## FITNESS AND FELLOWSHIP

This program is designed to offer a comprehensive range of health, fitness, and social activities that promote physical well-being, mental health, and community engagement. The program will be provided at no cost to veterans, offering a variety of benefits to help them improve their quality of life and reintegrate into social and recreational activities.

To qualify for the NISRA Veterans Program, individuals must provide proof of veteran status. Accepted documentation includes a DD-214 (military discharge form), a VA health card, or a veteran designation on their driver's license. A qualifying veteran must also show proof of honorable discharge to be eligible for program benefits.

## PROGRAM COMPONENTS

### Fitness

- One-Year Free Gym Membership
- Ten Personal Training Sessions
- Gym Membership Continuation Opportunities at Qualifying Rate

### Social

- Free Monthly Social Events
  - outings, bowling, archery, hiking, holiday party
- Collaborations with Local Veterans Organizations

### SheServes

- Quarterly Events Focusing on Female Veterans
- Safe Space to Connect and Engage

### Skills

- Quarterly Structured Programs to Learn New Skills
  - Cooking classes, archery, rock climbing, kayaking, and other recreational and life skills-building opportunities

### QUESTIONS? CONTACT:

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**NISRA**  
Northern Illinois  
Special Recreation Association