

WAUKEGAN PARK DISTRICT

PRESS RELEASE

YOGA WITH JACQUELYN COTEY AT THE JACK BENNY CENTER

Waukegan, IL (October 21, 2014) — WAUKEGAN PARK DISTRICT-CULTURAL ARTS DIVISION - Experience Jacquelyn Cotey's passion for yoga and health on Thursday evenings, November 6 through December 18, from 7-8:15pm at the Jack Benny Center for the Arts. This 6-week class costs \$60 for Waukegan Park District residents and \$70 for non-residents, class ID#3395, please register before October 30.

Since 1998, Ms. Cotey has been certified under Suddha Weixler through The Chicago Yoga Center Teacher Training Programs, YogaFit, and Katherine Roberts Yoga for Golfers. She has taught groups of all ages from Brownie troops to corporate executives and members of the Chicago Bears. Her teaching style emphasizes alignment, breathing, flexibility and body awareness. Jacquelyn believes that the practice of yoga can enhance and improve the quality of our daily lives.

For further information on Jacquelyn Cotey's yoga class at the Waukegan Park District, please call the Jack Benny Center for the Arts 847-360-4740. Register in person at the Jack Benny Center for the Arts located in Bowen Park 39 Jack Benny Drive, Waukegan, IL or online at www.waukeganparks.org. Partial sponsorship of Cultural Arts programs is through a grant from the Illinois Arts Council, an agency of the State of Illinois.

About the Waukegan Park District

Established on December 26, 1916, the district has 48 sites and more than 735 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as

special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 59 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park District (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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