



Come join us for a relaxing session at the Galos Caves in Chicago. Spend 45 minutes in the

magic world of salt. In the cave, air intensively saturated with particles of salt and iodine, has an anti-inflammatory action and stimulates the immunological system, ameliorates health condition and helps treatment of: respiratory tracts (nose, throat, larynx, sinus problems, bronchial asthma, chronic bronchial infection, chronic pneumonia); hypothyroidism; coronary heart disease (circulatory deficiency, post heart attack condition, high blood pressure); dermatological diseases (psoriasis, skin inflammation, allergies); autonomic nervous system dysfunction; neuroses, exhaustion condition, low resistance to stress; obesity. **Note:** a doctor's consultation is required in case of hyperthyroidism, cancerous diseases; claustrophobia; nalow blood pressure; allergy to iodine.

You will be sitting in comfortable beach chairs and listening to the sounds of the sea. You enter the salt cave in **white** socks or shoe pads. Wear comfortable, loose-fitting casual clothing.

There are only 12 seats in the Caves so while half of us are breathing in the salty air, the other 12 can enjoy a Polish buffet lunch (\$9.95) at the Jolly Inn which is located in the same building as the Caves.

There are only 24 seats available on the mini-bus so make your reservation early!!!

When: Saturday, May 1, 2010

Time: 10:30 a.m. - Bus departing from parking lot at First Midwest Bank [near ATM machine] at the intersection of Calumet Avenue and Ridge Road, Munster (in front of the Jewel store)



2:00 p.m. (bus will depart from Caves)

Cost: \$5.00 (transportation)

\$15.00 (for those under 65); \$10 (for those 65+) – you can pay at the Caves

\$ 9.95 (lunch at Jolly Inn – pay at the restaurant)

Questions? Call Barb Pfister at (219) 836-2851 or e-mail: b.pfister@sbcglobal.net

**Send your check for \$5 (transportation only) payable to IAA to: Barbara Pfister, P.O. Box 3262, Munster, IN 46321 by April 21.**

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

Names of people looking for a relaxing 45 minutes and good Polish food:

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