

ELDER'S EXERCISE

Beginning October 8th.
New, fun classes on Mondays
and Wednesdays @ 1:00 pm.

- Increase strength and endurance
- Improve/maintain function
- Elevate Mood
- Reduce risks of falling
- Reduce disease
- Have fun with others!
- Monthly & Quarterly Prizes 😊



Transportation for those who need it is available: call Sue Henry @ 340-4492,

