



Stretch and Tone Through the Holidays

Keep your health on track through the holiday season!

For Questions or to Sign Up:
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www.yspworld.com/better-assisted-living-

WHO:

Adults of Jackson County!

WHAT:

Don't neglect your health during the holiday season! Join Angela and Andrea for some physical activity sessions that incorporate breathing, balance, stretching and toning exercises. You might even walk away with some nutrition tips!

All exercises have varying levels of modifications.

Dress comfortably and wear your sneakers!

WHEN and WHERE:

Crouch Senior Center:

Friday, Nov. 30th, 1-2 pm

Wednesday, Dec. 19th, 11-11:45am

Spring Arbor Senior Center:

Monday, Dec. 17th 10:15-11:15am



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