

IMPROVE YOUR MOBILITY, BALANCE & ENERGY!

MOVE BETTER, FEEL YOUNGER!

Our popular exercise program is offering residents a chance to join in with a new 10 week class on Wednesdays from 10:15-11am starting on April 8th.

Experience gentle exercise with powerful benefits while interacting with your neighbors.

Interested? Don't Wait! Offering won't last!

CONTACT Paulette Strietzel by **March 25th**

Paulette.strietzal@gmail.com or #770-354-5495

High Point of Hartsdale Social Committee

