

The SENIOR FIT Program is a strength training program that includes stretches, balance and flexibility exercises for older adults. All exercises are done while seated in a chair or standing with the use of a chair or wall for support.



Senior Fit!

New Session begins September 14

- WHO:** Adults who want to increase flexibility and joint movement.
- WHERE:** Lamprey Health Care
Newmarket Center
- WHEN:** Tuesdays & Thursdays (10 weeks)
September 14 - December 2
- TIME:** 9:00 to 10:00 a.m.

For more information or to pre-register, please contact Katy Hiza, RD at (603) 659-3106, ext. 7337

Class is available and free to the public, however a donation of \$2.00 per class is welcomed.

LAMPREY HEALTH CARE
Where Excellence and Caring go Hand in Hand

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