

▶ SENIOR FIT

NEW SESSION BEGINNING SEPTEMBER 15, 2009

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.

WHO: Adults who want to increase flexibility and joint movement.

WHERE: Lamprey Health Care ~ Newmarket Center

WHEN: Tuesdays & Thursdays, September 15 - December 3 (12 weeks)

TIME: 9:00 - 10:00 a.m.

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

**For more information or to pre-register (encouraged) please contact
Katy Hiza, RD at 603.659.3106, ext. 7337**

"I have arthritis in both knees. Now I am able to go up stairs normally, more than one foot at a time."



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.

"My joints are much more flexible—I bend much easier."

LAMPREY HEALTH CARE

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www.lampreyhealth.org