



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Senior-cize!

Build Your Bones!

Join Us!

Every Tuesday
January 19 -
February 23

10:45-11:30 a.m.

RESIDENTS LOUNGE
Ernest P. Barka
Assisted Living
Community

Contact
Dottie Dow for
class registration
(603) 679-9362

Increase Your Energy! Have Fun!

