



Bay County Division on Aging
in cooperation with
McLaren Bay Region



Fall 2013 Osteoporosis Strength Exercise Class

Announcing: Fall 2013 Osteoporosis Strength Exercise Class

Currently taking names for this award winning six week program concentrating on the bones and muscles that tend to deteriorate due to age, disease and/or lack of use. Each session this class generates tends to fill up, so get your name on the list in advance.

Our instructor is a Physical Therapist Assistant from In-Patient Rehabilitation at McLaren's West Campus.

We are proud to present this life style changing event to our Senior population in Bay County.

For more information or to reserve your spot for the Fall Session call Debbie at 895-4100 or [visit our webpage at www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/)

Dates: Monday's and Wednesday's
Morning and Afternoon Sessions Available
October 21, 22, 28, 30,
November 4, 6, 12, 13, 18, 20, 25 & 27
(Note: Mon. & Tues first week due to a room conflict.
Closed Nov. 11th due to holiday)

Fee: \$55.00 age 60 plus
\$75.00 age 59 & under
(Nutritious lunch available for a
suggested donation of \$2.50).

