



Bay County Division on Aging
in cooperation with
McLaren Bay Region

Winter 2016 Osteoporosis Strength Exercise Class

Announcing: Winter 2016 Osteoporosis Strength Exercise Class

Save the Dates: 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 tends to fill up fast. So reserve your space in advance. Don't miss out on this healthy opportunity.

Our instructor, Vickie Sauvie is a Physical Therapist Assistant from the Physical Therapy Department at McLaren Bay Region.

We are proud to present this life style changing opportunity to our Bay County Residents. Be prepared for the results you will achieve when you participate.

For more information or to reserve your spot for the Spring 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 - (6 week session)

January 19, 20, 25, 27, February 1, 3, 8, 10, 16, 17, 22, 24 2016

Note: First and Fifth Week Tuesday and Wednesday due to Holidays

Choice of 4 times:

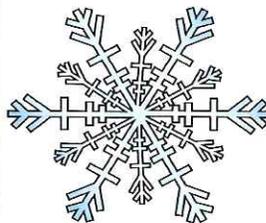
Session A 8:30—9:30 A.M.

Session B 9:45—10:45 A.M.

Session C 11:00—12:00 P.M.

Session D 12:30—1:30 P.M.

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



THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY