Make Time, Take Time
Exercise At Home

Presented by: Delta College, Personal Trainer Intern, Eric Ososki

Finding time to exercise can be difficult, but it is proving to be a very important activity as we age. The results speak for themselves. Eric Ososki, will speak to ideas on how to find a few minutes during the course of a day to improve your toning, flexibility and desire to exercise. He will demonstrate exercises for the arms, legs and other parts that often need attention. No need for fancy weights or special bands or gym clothes. Staying strong leads to a better quality of life. Come and listen on convenient ways to get in shape.

Monday, May 13, 2013

Location: Riverside Dining Center ~
800 J. F. Kennedy Drive, Bay City, 48706

11:00 ~ 11:45 a.m. Program
12:00 noon Lunch

*$2.50 (60 years & better)
$4.75 (59 years & under)
(Package includes: $2.50 suggested donation for lunch)

Choice of entrée, salad, or sandwich:
Entrée—Baked Turkey, Mashed Potatoes/Gravy, Green Beans, Fruit Cup, Beverages
Salad—Tuna Salad or Sandwich—Turkey Wrap

Call Sandy for any transportation requests and reservations at 893-7070
or toll free 1-877-229-9960.
Visit our web page at www.baycounty-mi.gov/Aging/

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Name:_____ Phone #: _____

Address:_____ Amount Paid: _____

Indicate menu request: Entrée: _____ Salad _____ Sandwich _____

Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____
only need one release on file

Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event.
Request should be directed to Michael Gray, (989) 895-4130 or 895-4049 Exercise At Home