BAY COUNTY DIVISION ON AGING
IN COOPERATION WITH
BAY COUNTY COMMUNITY CENTER

SENIOR FIT IN 30 MINUTES ~WITH BETH

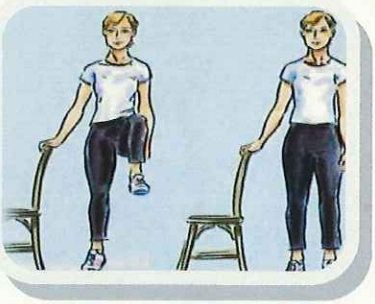
A new class opportunity with Beth Trahan, Bay County Recreation Assistant ~ especially geared to the 60 plus age group. Exercises for everyone especially those who tend to experience—weakness, balance issues, diminished range of motion. Exercises can be done standing or seated. This class will be geared to the beginning exerciser . Last class as an added experience Cathy Sujkowski, RN/Matter of Balance Instructor will speak on "More About Attitude".

Location: Community Center Small Gym, 800 J. F. Kennedy Drive, Bay City, 48706

Starting—November 5—26, 2013
4 week class session

Tuesdays

11:00 ~ 11:30 a.m. class
12:00 noon lunch



Fee:

$ 8.00 Class Fee
$3.00 Drop in Basis
$2.50 (60 yrs. +) lunch suggested donation
$4.75 (59 & under) lunch fee

Choice of entrée, salad or sandwich available
For more information call Debbie at 895-4100 to register or choice of meal option.

Registration form can be mailed or dropped off to the Bay County Division on Aging, 515 Center Ave. Suite 202, Bay City, 48708. Checks can be made payable to: Bay County Division on Aging
Visit our web page at www.baycounty-mi.gov/aging/

Name: _____ Phone #: _____

Address or email: _____ Amount Paid: _____

Indicate if Release and Waiver of Liability is on file: Yes:_____No need to sign: _____

Indicate: **class** _____ **drop in** _____ **meal choice: entrée** _____ **salad** _____ **sandwich** _____

*Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Requests should be directed at, (989) 895-4130 or 895-4049. Senior Fit in 30 Minutes November