

Bay County Division on Aging
In cooperation with
McLaren Bay Region
Region VII Area Agency on Aging

Spring 2013 Osteoporosis Strength Exercise Class

Announcing

~ Spring 2013 Osteoporosis Strength Exercise Class ~

Currently taking names for this six week program concentrating on the bones and muscles that deteriorate due to age, disease and lack of use.

This class is well received as indicated by the participants who continue to sign up every session. Our instructor is from the In-Patient Rehabilitation Unit at McLaren's West Campus. We are proud to present this life style changing experience to our Bay County Residents.

For more information or to reserve your spot call Debbie Keyes at (989) 895-4100.

Fee: \$45.00 age 60 plus
\$65.00 age 59 and under

Monday and Wednesday's
Morning & Afternoon Sessions Available
April 1, 3, 8, 10, 15, 17, 22, 24, 29 &
May 1, 6, 8