Bay County Division on Aging
In cooperation with
McLaren Bay Region

Spring 2014 Osteoporosis Strength Exercise Class

Announcing ~

Spring 2014 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: $55.00 age 60 plus
$75.00 age 59 and under

Monday and Wednesday's
Morning and Afternoon Sessions Available
April 7, 9, 14, 16, 21, 24, 28, 30
May 5, 7, 12, 14, 2014