

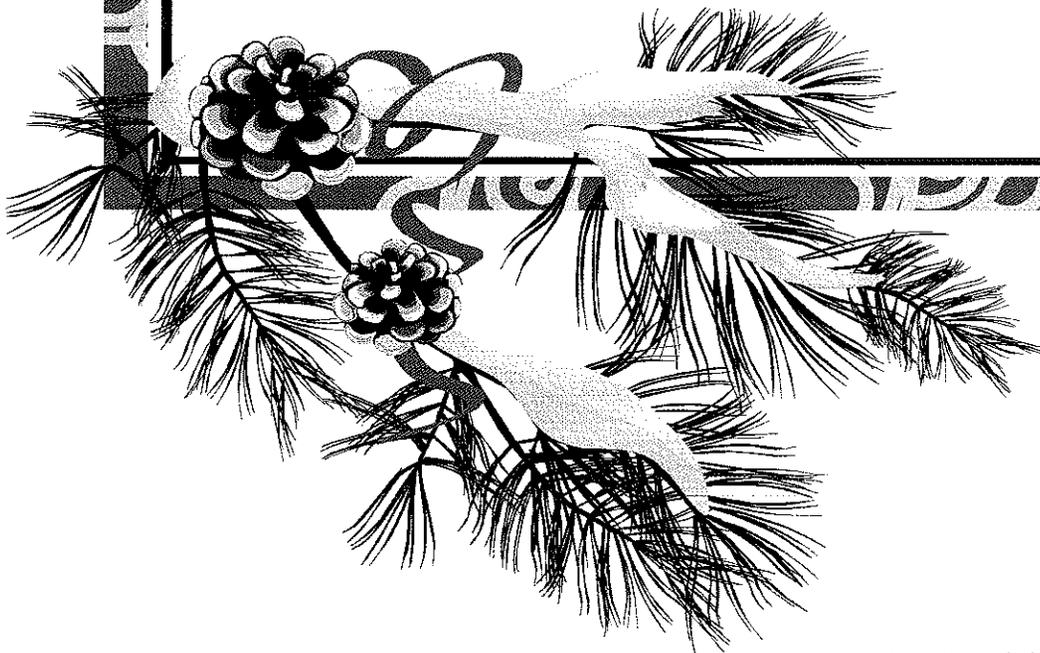
Bay County Division on Aging  
In cooperation with  
McLaren Bay Region  
Region VII Area Agency on Aging

## Winter 2013 Osteoporosis Strength Exercise Class

Announcing ~

Winter 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 and Afternoon Sessions Available  
January 21, 23, 28, 30 ~  
February 4, 6, 11, 13, 19, 20, 25 & 27