

# Chair Dancing for Fitness Class

The Canteen Activity Center will be hosting another month of Chair Dancing For Fitness Class. Some of the health benefits of this form of exercise are back and joint pain relief, bone density increase, weight loss and stress relief. This class is geared to every person working at their own ability and pace. Come to class with an open mind and a new approach to a healthy you. There is a \$4.00 fee for class.

Stay for a delicious lunch. Get your reservation in early.

Invitation is extended to the 60 plus population.

Wednesdays, May 1, 8, 15, 22 & 29, 2019



Location: Canteen Activity Center  
800 Livingston Avenue—Bay City, 48708

Lunch offers choice of main entrée or salad or sandwich.

11:00 a.m. - Class  
12:00 noon - Lunch

\$2.50 (60 years & better)  
suggested donation for lunch

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Call Janie for any transportation requests or to make reservations at 892-6605,  
Tuesday, Wednesday or Thursday from 9:30 a.m.—1:00 p.m.

Find us on Facebook @ Bay County Department on Aging

[www.baycounty-mi.gov/Aging](http://www.baycounty-mi.gov/Aging)

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Canteen Chair Dancing 2019