# Exercise with Carol

The **Hampton AM Activity Center** invites you to participate in this arthritis friendly, low impact, exercise class. The exercises provide gentle range of motion that are suitable for every fitness level. Increase your energy level and improve your overall outlook.
Call to reserve your spot!
This invitation is extended to the 60 plus population

Location: Hampton Activity Center, 801 W. Center Rd, Essexville

Classes take place every Monday

Suggested donation for Lunch:
$2.50 (60 years & better)

10:45/11:30 am - Exercise
12:00 noon - Lunch

Menu: Choice of Entrée, Salad or Sandwich

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Call Irma for any questions, reservations and transportation requests at 895-5968 on Mon.—Thurs. from 10:00—2:00 p.m.
Like us on Facebook @ Bay County Department on Aging
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.