

Chair Dancing for Fitness Class

Note: July 26 and August 2 class will be held at Hampton Activity Center, 801 W. Center Rd, Essex.
Due to Canteen Closed due to the Fair.

Canteen Activity Center is proud to introduce Chair Dancing for Fitness Class. Megan Rodriguez will be instructing this new form of health awareness. Chair Dancing is fast becoming an excellent health benefit towards our day to day aging well process. Some of the health benefits from this form of exercise are, back and joint pain are relieved, bone density increase, low impact form of exercise, helps in losing weight, reliefs stress, and boosts your self-esteem. Program is geared to every person working at your own ability and pace.

Come to the classes with an open mind and a new approach towards a healthy you. Lunch is served at 12:00 noon. Reservations needed for lunch by either calling the Site Coordinator or filling out the registration form.

Thursday, July 19, 26, August 2, 2018

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

12:00 noon Lunch
12:45 p.m. Class



Class fee is \$11.25 /three classes
or \$4.00 drop in
\$2.50 suggested donation for
lunch
(60 years & better)

Lunch offers choice of main entrée or salad or sandwich:
See the Wonderful Times Newsletter for selections or contact Site Coordinator

Call Jane for any transportation requests or to make reservations at **892-6605**,
Tuesday, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m.
Visit our web page at www.baycounty-mi.gov/aging/ for more exciting opportunities
Like us on Face book: www.facebook.com/Bay County Department on Aging

Name: _____		phone #: _____
Address or email: _____		Amount Paid: _____
Indicate menu choice	Entrée _____	Salad _____ Sandwich _____
Eligible (60 yrs. & better) _____	Non Eligible (59 yrs. & under) _____	
Indicate if a Release and Waiver of Liability is on file: Yes _____ Need to Sign _____		
only need one release on file		

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. Chair Dancing Fitness