

**STRENGTH AND BALANCE WORKSHOP  
WEDNESDAYS AT 1:00PM  
SEPTEMBER 13TH THROUGH NOVEMBER 29TH**

**Got strength and balance?**

**It's important to keep our body flexible  
and bones strong!**

**Learn the benefits of balance and  
strength in these interactive seminars  
with Lorraine Salerno, professional  
fitness instructor specializing with  
seniors!**

**No registration required.**

