

•START WHERE YOU ARE

•USE WHAT YOU HAVE

•DO WHAT YOU CAN

OPEN HOUSE

Tuesday, April 11, 2017 at 10:30 a.m.

TRY OUR BEGINNER CLASSES - FREE!

CAN'T MAKE IT TO OUR OPEN HOUSE? CONTACT US TO REGISTER FOR A SESSION!

- Improve Balance
- Reduce Falls
- Gain Strength
- Decrease Pain



CLASSES HELD AT:

3215 Eaglecrest Dr. NE, Grand Rapids, MI 49525

Call: (616) 588-2580 OR Email: healthyaging@aaawm.org

Visit our website:www.aaawm.org



The Source for Seniors