**Start where you are! Use what you have! Do what you can!**



**Over 60?**

Healthy Aging classes designed for you!



**Come Join Us for a FREE Virtual  
Open House Program Sampler**

Monday August 31

11:00 a.m.

Join us for our virtual open house by visiting our website at: [www.aaawm.org/HA](http://www.aaawm.org/HA) OR our Facebook at: Eaglecrest Healthy Aging for the ZOOM LIVE link. You can join via computer, smart phone or tablet right from your living room!

Learn about our Fall Class lineup

* E-Fit
* Circuit
* Yoga
* Tai Chi
* Nutritional Counseling

Silver&Fit

AND

SilverSneakers

**BEST DEAL!**

**E-Fit and Circuit: $30**

Attend all E-Fit and SS Circuit for the month

**Yoga and Enhance Yoga: $30**  
Attend all Yoga for the month

**Tai Chi Practice and Beginner: $15**

Attend all Tai Chi for the month

PRICING

PER MONTH

**All Class Bundle : $40**

Attend all classes offered for the month

**If you cannot make our Open House, contact us to learn more about our classes:**

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



Area Agency on Aging of Western Michigan  
3215 Eaglecrest Drive NE, Grand Rapids MI 49525