

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.

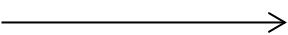
Join us for our virtual open house by visiting our website at: www.aaawm.org/HA OR our Facebook at: Eaglecrest Healthy Aging for the ZOOM LIVE link. You can join via computer, smart phone or tablet right from your living room!

Learn about our Fall Class lineup

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

**Silver&Fit
AND
SilverSneakers**

PRICING
PER MONTH



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

BEST DEAL!

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