

B/S/S/T AREA AGENCY ON AGING, INC.

Health & Wellness program presents: Water Aerobics

Limited Space
Available
Register by
calling:
1-800-982-4346

FREE—FOR
ADULTS 60
AND OLDER

B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging, the United Way of Bradford County, the United Way of Susquehanna County, the Bradford, Sullivan, Susquehanna, Tioga County Commissioners.

**B/S/S/T AREA
AGENCY
ON AGING, INC.**

220 Main St. Unit 2
Towanda, PA 18848

Phone: 1-800-982-4346
E-mail: hirvine@bsstaaa.org



Elk Lake High School Pool
2380 Elk Lake School Rd, Springville

Saturday
10:15AM—11:30AM
Starting December 14th — February 22nd

To register, call the Area Agency on Aging at 1-800-982-4346
Space is limited.

Health and Wellness is a wellness and prevention program for older adults. The goal of Health and Wellness is to provide information and encouragement to help older adults make choices to maintain or improve their health and create an ongoing wellness attitude.

