

Healthy Steps in Motion

A fun and free class for adults age 60 and over to help build body strength, increase flexibility, and improve balance by doing different standing and chair exercises!

Please wear sneakers and comfortable clothing.



8-week course

Tuesdays beginning 2/18

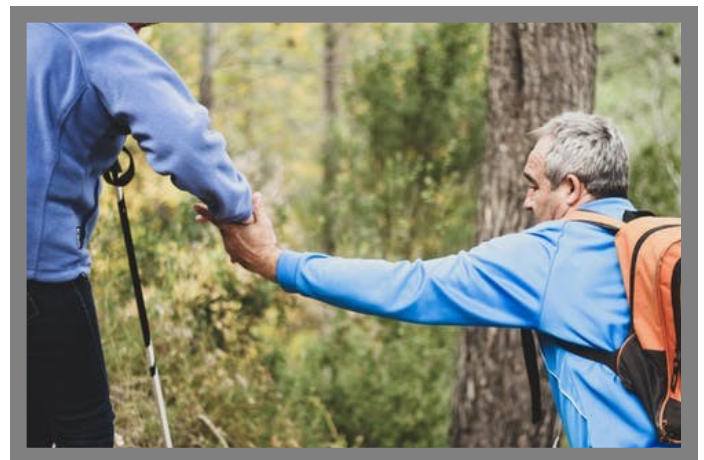
9:00am—10:00am

Valley Active Living Center
118 S. Main St.
Athens, PA 18840

(basement of Athens Methodist Church)

Reservations required
by 2/14.

Please call:
1-800-982-4346



Sponsored by the Pennsylvania Department of Aging Health & Wellness Program
and B/S/S/T Area Agency on Aging, Inc.



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