

-Week Exercise Program

Learn how to safely incorporate aerobic, strengthening and flexibility exercise into your daily life!

FIT & STRONG! @



Join Fit & Strong to learn how to safely add exercise to your everyday life.

Sessions are 90 minutes and include aerobics, strength, flexibility and health education.

Pre-Registration Required

To register visit:

For more information about the workshop or for questions, call **1-888-484-3800** or contact



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