

-Week Virtual Exercise Program

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

FIT & STRONG! @ HOME

**VIRTUAL WORKSHOP HELD
VIA ZOOM**

**Technical assistance
and zoom access
details provided after
registration.**

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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