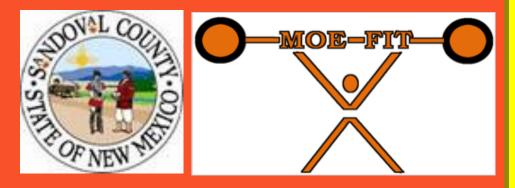
WELLNESS WEDNESDAY



WHEN: Wednesdays 8:30am - 9:30am

WHERE: Bernalillo Senior Center

801 Rotary Park Rd. Bernalillo NM 87004

FEATURING •

Move Better • Class designed to restore and improve body mechanics and balance where possible in a safe, mindful and sustainable fashion •

Stay in Motion • This careful exercise is designed to facilitate the individual in whatever their daily activity may be and improve physical condition •

Fit Chat - Complimentary individual or group session

WWW.MORRIS@MOE-FIT.COM

JOIN US FOR BREAKFAST 8:00AM

FREE CLASSES FOR SENIORS 60 AND OVER

1ST & 3RD WEDNESDAY "MOVE BETTER"

2ND & 4TH WEDNESDAY "STAY IN MOTION"

SPONSORS Sandoval County Bernalillo Senior Center Moe-Fit and Community Health

> BENEFITING Seniors in Bernalillo and

surrounding communities