

# 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