

FREE ZOOM CLASS

EXERCISING IS NOT CANCELED!



PRE-REGISTRATION REQUIRED!

CALL LAURIE, DEPARTMENT ON AGING

FOR ZOOM DETAILS AT 768-8691

EXERCISE WITH ANGELA AND FRIENDS!

CHAIR EXERCISES, BALANCE EXERCISES

FRIENDSHIP AND FUN!

TUESDAYS

◆ WEEKLY

◆ STARTING JULY 7

◆ 9:30 A.M. - 10:00 A.M.

◆ INSTRUCTOR ANGELA

◆ MSU EXTENSION

768-8691

JACKSON COUNTY DEPARTMENT ON AGING
1715 LANSING AVENUE, JACKSON, MI