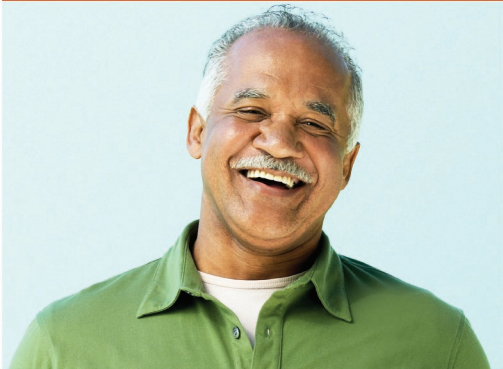




# FUN NEVER RETIRES

Enhance<sup>®</sup>Fitness—Treating Arthritis through Fun, Laughter and Friends

YMCA OF WESTERN NORTH CAROLINA



## BE MORE ACTIVE, ENERGIZED AND EMPOWERED

Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

Of all EnhanceFitness' multiple benefits though, the one that matters most is that it's a great time.

**So if you're an older adult, lift your body and your spirits—join EnhanceFitness today!**

### Seniors, do you want to:

- Have a great time?
- Make new friends?
- Relieve your arthritis symptoms?
- Grow stronger?
- Improve your balance?
- Become more limber?
- Boost your activity levels?

**BEGINS JANUARY 9TH!**

**MCDOWELL SENIOR CENTER**

**MONDAYS/WEDNESDAYS /FRIDAYS 8:30 AM –9:30 NOON**

To register, contact Diane Saccone:  
dsaccone@ymcawnc.org or call: (828) 575 2904