

# Senior Group Exercise Class

Instructed by Autumn Care's  
Physical Therapist Kasey Stevens



Monday, January 25<sup>th</sup>

1:00pm – 2:00pm

Senior Center's Multi-Purpose Room

Group exercises including seated arm / leg  
exercises with resistance bands and standing  
exercises to increase balance.

Refreshment will be provided by Autumn Care

For more information call  
Brenda Monosso at 659-0832