

Hot off the presses....**MORE** programs and opportunities!

## **The Center's Indoor Walking Program is Back!**

Join in the fun as we walk a mile together in the comfort of the Senior Center. Wear walking shoes and bring a water bottle. We use various walking videos and have a lot of fun walking in place and doing gentle stretches together. Join us!

Tuesdays in July from 9:00—9:30 a.m. ( July 6, 13, 20, & 27)



And beginning this August...

## **Morning Meditation & Stretching**

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Morning meditation improves concentration, slows aging, increases happiness, health & self-awareness. This class will also incorporate stretching techniques which will help end aches in your joints and muscles. This class can be modified for all bodies.

Look for details and sign up information in our August newsletter!

