

Exercise & Stretch Class

For people with disabilities

Meets Weekly on Monday

Classes start October 27 through December 1

9:30am to 11:00am

**Class location:
EasterSeals Redwood Ohio
2901 Gilbert Avenue, Cincinnati 45206**



**Register to get your own
resistance stretch band!**



Adaptive exercises!

Registration Required!

Contact Jenise Brassell, Independent Living Specialist



513-246-0319



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