

# Exercise & Stretch Class

## For people with disabilities

**Meets for six consecutive weeks beginning  
Thursday, July 24, 2025  
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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