

Healthy Steps in Motion

This program is **FREE** and is designed for people of all fitness levels. It consists of eight sessions for one hour a week. Participants are encouraged to attend all sessions.

It starts with a warm-up, followed by strength and balance exercises and ends with a cool-down stretch. There are three levels of exercises, which enable participants to continue Healthy Steps in Motion for as long as they like.

Healthy Steps in Motion (HSIM) strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance

Class Location: Eastern Upper Bucks Senior Center

Class Dates: October 5, 19, 26, November 2, 16, 30, December 7, 14

Class Time: 10:30am-11:30am

Certified Class Instructors: Amanda Mayer, Liz Lichtenwalner, Carol Maness

Class seats are limited to 12 participants. Register today!

