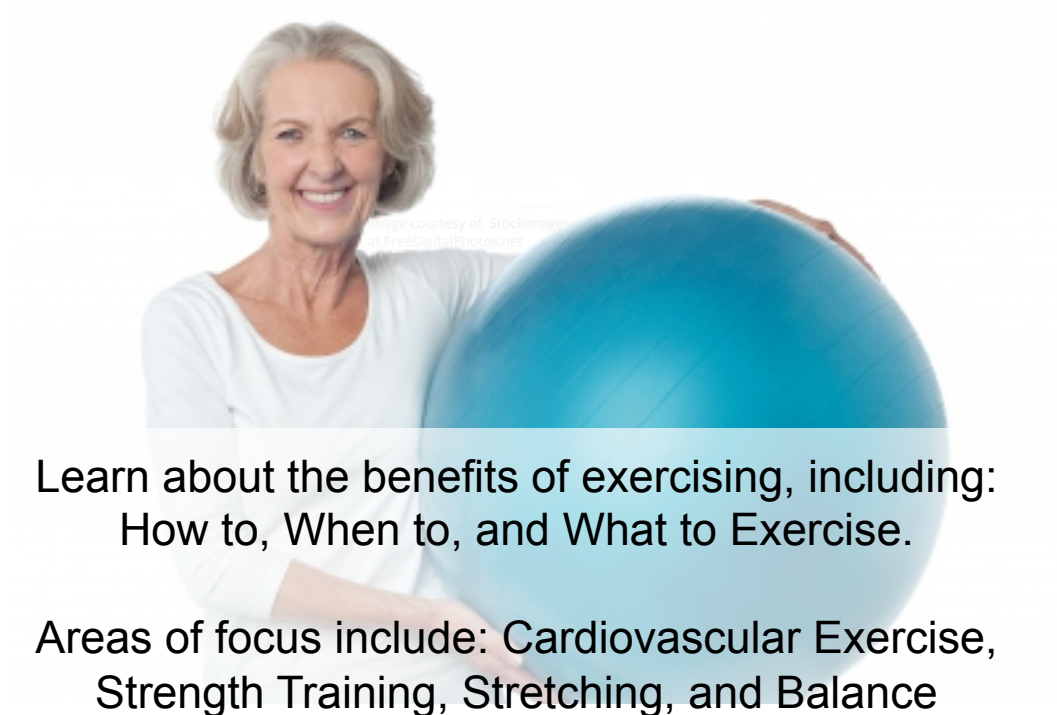


Fresh Start to Exercise

This seminar series will provide you with skills needed to get you exercising more confidently.



Learn about the benefits of exercising, including:
How to, When to, and What to Exercise.

Areas of focus include: Cardiovascular Exercise,
Strength Training, Stretching, and Balance



April 14 & 21 | Apple Valley

Register through ISD 196 Community Education.

Balance and Brains

Designed for the unique needs of older adults desiring to remain active and value being both agile and mentally sharp.



Exercises aim to:
Strengthen the entire body; Improve balance; Reduce the risk of falling; Improve memory, reasoning, and problem solving skills



May 5 & 19, June 2 ,9, 16 & 23 | Apple Valley

Register through ISD 196 Community Education.