

# Senior Exercise

Chair-based stretches and exercises, using resistant bands and light weights.

**Come socialize!**

**When:** Mondays and Wednesdays from 10:00—11:00 a.m.

**Where:** Scenic Bluffs Community Health Centers—Cashton

**Cost:** \$1 per class

If you have any questions, please contact Ashley at  
608-654-5100 extension 457.



**Scenic Bluffs**  
COMMUNITY HEALTH CENTERS