

CLUB F.I.T.



Enjoy, Enrich, Explore This Season of Life

This CLUB F.I.T. (Fitness Interactive Teaching Program) will provide YOU with a variety of exercises and educational tips to keep YOU actively independent. All sessions are led by Physical Therapists from community organizations.

Wood County Senior Center

305 North Main Street, Bowling Green

Tuesday's 10 — 11 a.m.

March	Bowling Green Manor	Strength Training
April	Blakely Care Center	Balance
May	Wood Haven Health Care	Heart Healthy Moves
June	Heritage Corner	Fall Prevention

These sessions are FREE and open to those 50 and over. It is advised that you wear supportive shoes preferably tennis shoes. Please ensure you have clearance from your physician to begin an exercise program.

Sponsored by:


**BOWLING GREEN
 MANOR**
a tradition of caring
 1021 West Poe Road
 Bowling Green, OH 43402
 (419) 352-4694
 Fax (419) 352-4233
www.bowlinggreenmanor.com


Blakely
 Care Center & Therapy Services

850 West Poe Rd., Bowling Green, Ohio 43402 Ph: 419.352.7558
visit our website at: www.blakelycarecenter.com


Bordner
 THERAPY CARE
Wood Haven
 HEALTH CARE
 Senior Living & Rehabilitation


Heritage Corner
 Health Care Campus

WOOD COUNTY
COMMITTEE

ON

Ageing

Advanced registration
required by calling
WCCOA:

419.353.5661 or
800.367.4935

Email: programs@wcoa.net