

Hampton AM Activity Center

presents

Low Impact Arthritis Friendly Exercises Hosted by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be offering a low impact arthritis exercise class that can help eliminate some of the pain associated with arthritis. Stephanie Valley will instruct seniors on how to take charge of some of these painful issues. Empower yourself to age as well as you can. Come and see how you can stay independent and active longer.

Feel free to stay for lunch.

Class is limited. Get your reservations in early.

This invitation is extended to the 60 plus population



Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Wednesday, May 9, 2018

Time:

10:45 —11:30 p.m. Program

Lunch to follow



Suggested donation for Lunch:

\$2.50 (60 years & better)

Menu: Choice of Entrée, Salad or Sandwich:

Call Irma for meal choices or visit our webpage also in the Wonderful Times

Call Irma for any transportation requests and reservations at 895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at 895-4100 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/

Like us on Facebook @ Bay County Department on Aging

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Name: _____ Phone #: _____
Address: _____ Amt. Paid: _____
Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event.

Hampton AM low impact exercise 2018