

Belly Dancing Classes



Canteen Activity Center is proud to bring Belly Dancing as an Aging Well form of exercise. Megan Rodriguez will be instructing this new form of health awareness. Belly Dancing is fast becoming an excellent health benefit towards our day to day aging well process. Some of the health benefits from this form of exercise are, back and joint pain are relieved, bone density increase, low impact form of exercise, helps in losing weight, reliefs stress, and boosts your self-esteem. Come to the classes with an open mind and a new approach towards a healthy you.

Lunch is served at 12:00 noon. Reservations needed for lunch by either calling the Site Coordinator or filling out the registration form.

Thursday, January 4, 11, 18, 25, 2018

Location: Canteen Activity Center
800 Livingston Avenue
Bay City, 48708



Class fee is \$15.00/four classes
or \$4.00 drop in
\$2.50 suggested donation for
lunch
(60 years & better)

12:00 noon Lunch
12:45 a.m. Class

Lunch offers choice of main entrée or salad or sandwich:
See the Wonderful Times Newsletter for selections or contact Site Coordinator

Call Jane for any transportation requests or to make reservations at **892-6605**,
Tuesday, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m.
Visit our web page at www.baycounty-mi.gov/aging/ for more exciting opportunities
Like us on Face book: www.facebook.com/Bay County Department on Aging

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Name: _____ phone #: _____

Address or email: _____ Amount Paid: _____

Indicate menu choice Entrée _____ Salad _____ Sandwich _____

Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____

Indicate if a Release and Waiver of Liability is on file: Yes _____ Need to Sign _____

only need one release on file