



Hampton AM Activity Center

presents

Cardio Drumming hosted by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be offering a new and exciting way to age well and empower yourself for a healthier you. Stephanie Valley along with Dean Rumsey will instruct this new wave of fitness. The class will consist of an educational component of explaining muscles and how they work for you. Then the exercise is performed. The class will also offer the opportunity to meet your own expectations. Those who wish to sit or stand may do so. Cardio Drumming will run for 45 minutes. 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

Tuesday, February 6, 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: [facebook.com/Bay County Division on Aging](https://www.facebook.com/BayCountyDivisiononAging)

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