



HEALTHY

Aging



OVER 60?
INTERESTED IN BEING MORE ACTIVE?
CONTACT SYMONS RECREATION
TO SIGN UP FOR ONE OF OUR EVIDENCE BASED
HEALTH PROMOTION CLASSES

LaFarge Community Center

October 6th – January 10th
Tuesday & Thursday
9:00-10:00 Beg. Tai Chi
11:20-12:20 Int. Tai Chi
Instructor: Joan

TAI CHI



STRONG BODIES



LaFarge Community Center

October 6th – January 10th
Tuesday & Thursday
10:15-11:15

Instructor: Joan

We welcome a \$25 contribution for each 8-week program

Ages 60 and over welcome

Registration available at Symons Recreation Complex
Call 608-647-8522 to register or for more information



HEALTHY

Aging



OVER 60?
INTERESTED IN BEING MORE ACTIVE?
CONTACT SYMONS RECREATION
TO SIGN UP FOR ONE OF OUR EVIDENCE BASED
HEALTH PROMOTION CLASSES

Muscoda Kratochwill Building

August 25th – October 15th
Tuesday & Thursday
8:30-9:30am
Instructor: Marianne

SAIL



SAIL



Muscoda Kratochwill Building

October 20th – December 17th
Tuesday & Thursday
8:30-9:30am
Instructor: Marianne

We welcome a \$25 contribution for each 8-week program

Ages 60 and over welcome

Registration available at Symons Recreation Complex
Call 608-647-8522 to register or for more information