

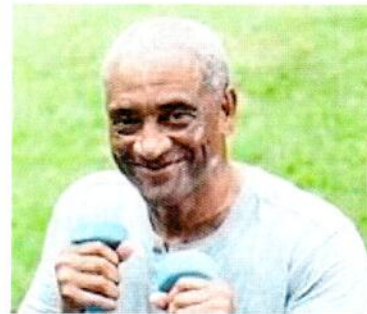
# Senior Fitness & Fun!

*Free and Open to the Public Age 60 & Older!*

Join us Wednesdays starting July 12<sup>th</sup> at 1:00pm  
at Convis Township Hall

19500 15 Mile Road • Marshall, Michigan 49068

**SIGN UP TODAY!**  
**CALL 269.441.0948**



***Exercises Anyone Can Do!***

Stretching, Flexibility, Balance, and Strength Building

Stay Independent for a lifetime! Reduce illness, while improving your health.

**Nurse Provided Health Screenings:**

Blood Pressures, Blood Sugars, Pulse Ox, Medication Management, Wellness Education



The Senior Fitness and Fun program is funded by the Calhoun County Senior Millage.