

Healthy Steps in Motion

A fun and free class for adults age 60 and over to help build body strength, increase flexibility, and improve balance!



Mondays & Wednesdays

9:45am -10:45am

**Warren Center Senior Center
Schoolhouse Road
Warren Center, PA 18851**

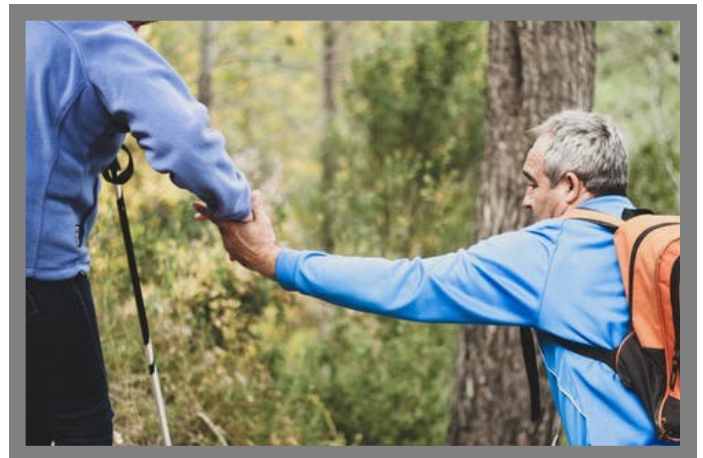
570-395-3108

**Come for the class, stay
for lunch!**

Healthy & Fit meal choice available.

Reservations required.

Please call 570-395-3108



**Sponsored by the Pennsylvania Department of Aging Health & Wellness Program
and B/S/S/T Area Agency on Aging, Inc.**



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