

**B/S/S/T AREA AGENCY ON AGING, INC.**

# Health & Wellness program presents: Water Aerobics

Limited Space  
Available

Register by  
calling:  
1-800-982-4346

**FREE—FOR**  
**ADULTS 60**  
**AND OLDER**

B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging; the United Way of Bradford County; the Lycoming County United Way serving Lycoming, Susquehanna & Tioga Counties; and the United Way of Susquehanna County.

**B/S/S/T AREA  
AGENCY  
ON AGING, INC.**

220 Main St. Unit 2  
Towanda, PA 18848

Phone: 1-800-982-4346  
E-mail: [hirvine@bsstaa.org](mailto:hirvine@bsstaa.org)



Elk Lake High School Pool  
2380 Elk Lake School Rd, Springville

***Wednesdays***  
***11:30AM—12:30PM***  
***July 14th—September 1st***

***Saturdays***  
***8:45-9:45***  
***9:45-10:45***  
***July 17th—September 4th***

Health and Wellness is a wellness and prevention program for older adults. The goal of Health and Wellness is to provide information and encouragement to help older adults make choices to maintain or improve their health and create an ongoing wellness attitude.

