



It Works!

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

It's Safe!

The instructors are experienced and skilled, and exercises have been tested with seniors.

It's Fun!

You'll meet others and make new friends!

**One-hour classes will be held
2 times each week.**

Antrim Town Hall
66 Main Street

**April 11-May 31, 2023
on Tuesdays & Fridays
1:30-2:30**

For more information:
Sarah at The Grapevine 603-588-2620