

# Trial Program “Shape and Tone”

Instructor: Susan Lao

When: December 2, 2019 - March 9, 2020

Where: Old Unionville Library Community Centre

What Time: 11:45 am - 1:15 pm

This will be conducted in English and can accommodate wheelchair and physically limited members.

This is a Healthy Moves session to promote Aging Well and healthy living through activity. The program helps older adults stay active and includes cardio, balance, strength and flexibility training. Exercises vary per class, and include fall prevention strategies and light aerobics. Participants have the option to use some equipment such as their own hand weights to do certain exercises. Get energized, stronger and improve your quality of life! Older adults of all fitness and mobility levels are welcome.

This will be a three month drop in trial program limited to 25 attendees per session on a first come first serve basis.

**Stay Active. Stay Strong**