



healthy
for life™

Exercise 101

Come join us!

We are a small group that meets at 10:45 am each Tuesday & Thursday to wake up to the great blessing the Lord has given us to get out of bed and start another day!

“A wise man is full of strength and a man of knowledge enhances his might.”

Proverbs 24:5

Any movement is movement, so why not with others?

LaVeda Thompson and newly added April Cook lead this class in room A-114.

This class is **free** to all, is designed for Seniors and is open to both men and women of any skill levels. Please feel free to come and try a class, bring your water bottle and be ready to Exercise 101!

Any questions please feel free to call the church office at (209) 951-7380,

LaVeda Thompson, (209) 470-4557 (or text), or April Cook,

(209) 487-4551 (or text).