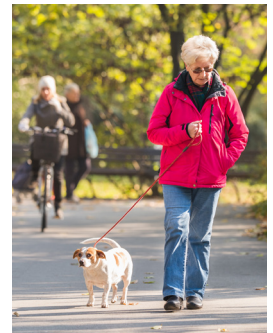
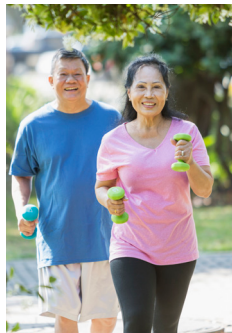


ACTIVE LIVING EVERY DAY

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Register now for this free workshop offered by Aging Partners and Lincoln Parks and Recreation.

Learn how enjoyable physical activity can be, even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. House cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Participants report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. They learn from and support one another in an effort to improve and maintain good health. Life's a hit when you're feeling fit!



Get active with this 12-week program.

Belmont Recreation Center

1234 Judson St.
Mondays, 10:30 to 11:30 a.m.
January 22 through April 16
(no class on February 19)

